



Model Answers

OCR A-Level PE – Skill Acquisition

(Revision session on Monday 16th May 2022, 4.00–5.30pm)

This document contains:

- Model answers for the Practice Questions answered during the 2022 Revision series
- Questions in AEI order
- Where possible, examples of extended writing
- No one-mark or multiple-choice questions

How should schools use these papers?

This paper has been constructed specifically for use in preparation for and during the live revision shows provided by James Simms in May 2022. I encourage students to attempt the questions in advance of the revision shows.

Please, use these model answers in combination with the mark scheme and the revision session, available in the OCR A-Level PE Revision page (<https://pages.theeverlearner.com/2022-ocr-a-level-pe-revision>).

All questions are taken from ExamSimulator. Please note, there are hundreds of additional questions on ExamSimulator covering the AEI topics. ExamSimulator is a premium resource available via TheEverLearner.com.

I hope this helps both students and teachers in their exam preparations.

James Simms

1.

With reference to the cognitive theory of learning, explain how a coach may teach a tennis serve.

The coach will present the serve ¹ as a whole pattern of ³ movement. They will not split it into parts. The ² performer is able to gain insight into the ⁴ serve as a whole and why it is structured how it is and, therefore, the performer must understand the nature and importance of the serve.

No comments provided.

Marks:[4/4]

2.

Bandura's model identifies four processes involved in the copying of behaviour. Two of these are motor reproduction and motivation. Explain these terms.

<p>1 Motor reproduction is being physically capable of reproducing the skill. This is also known as the law of readiness. Motivation is the drive the performer has to 2 replicate the skill and their desire to repeat what they have been shown.</p>	<p>No comments provided.</p>
	<p>Marks:[2/2]</p>

3.

Using your knowledge of personality theories, evaluate personality as a predictor of sporting success.

Explain how a knowledge of operant conditioning could help a coach improve the performances of their athletes.

1

Personality is all the characteristics that make a person unique.

Trait theorists suggest that personality is biologically determined and, therefore, is **stable and enduring**. Specifically, trait theorists predict **a stable extrovert** is most likely to be successful in sport.

This is known as the **credulous approach** as it suggests that success can be predicted on personality type. A **strength of trait**

theory is that it is simple to apply but it has to be seen as flawed as it **ignores the role of learning**. Social learning theory suggests

personality is developed through learning from the environment.

Therefore, any person **could learn a winning mentality** with the right experiences. Therefore **social learning theorists are**

considered sceptical about the capacity of personality profiling

to predict sporting success and, instead, point at the importance of learning to be a winner. Social learning theory can be **criticised**

for not considering the role of traits. The **interactionist approach** suggests that personality is the sum of both traits and

experience, otherwise known as $B = f(PE)$. When situational

characteristics are strong, a sportsperson is able to change their behaviour. **Interactionism may be the best method** we have of

assessing personality. Operant conditioning was proposed by

Skinner and suggests that **human beings learn through the**

consequences of their actions. This happens by a **response**

being associated with a stimulus. This is **known as the SR bond**.

Coaches can use this model to structure practices so that the

right SR bond is strengthened. They **can also use reinforcement**

to strengthen the SR bond. **Positive reinforcement strengthens**

the bond whilst **negative reinforcement, the removal of an**

adverse stimulus, forms the correct SR bond. Punishment can

weaken or even break the wrong SR bond. The **strength of**

No comments provided.

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operant conditioning is that it is simple to apply and positive and negative reinforcement can be used in combination. However, a weakness is that a demonstration is not included to form a mental picture and that a performer may lack the understanding of why a skill is the way it is.

Marks:[10/10]

4.

Explain how a horse-riding coach could use mechanical guidance when coaching a cognitive stage rider.

Mechanical guidance is the use of ¹ physical aids to help with performance. The coach could ³ lead the horse with a rope to ensure it follows the correct path. They could also place down ⁵ coloured cones for the rider to navigate through. This will help ² them to control the horse. Finally, the coach could use a harness to ensure that a fall from the horse does not hurt the rider.

No comments provided.

Marks:[4/4]

5. Using a sporting example, describe verbal guidance.

<p>1 A gymnastic coach observes a vault and then tells the performer 2 to move their mark back by 20cm. Verbal guidance is explaining 3 points to athletes. It is often in the form of coaching points or technical information about performance.</p>	<p>No comments provided.</p>
	<p>Marks:[2/2]</p>

6. Evaluate the use of verbal guidance in the learning of movement skills.

<p>Verbal guidance is excellent to ¹ make things clear to performers ² and it is typically delivered efficiently. Athletes enjoy receiving feedback from their coach so ³ verbal guidance is motivational. ⁶ However, if the coaching points are inaccurate, this can strengthen the wrong SR bond. Even if the coaching is accurate, ⁷ it could overload a novice performer. ⁹ Finally, a negative is that ⁸ some techniques are very difficult to explain leading to complexity and, sometimes, confusion.</p>	<p>No comments provided.</p>
	<p>Marks:[5/5]</p>

7. Explain what is meant by **both** positive and negative feedback.

Positive feedback is ¹ information about a positive outcome in sport. ² Negative feedback is information about an unsuccessful performance in sport.

No comments provided.

Marks:[2/2]

8. Identify a sporting example of **both** positive and negative feedback.

<p>1 Positive is when a lacrosse coach praises a good save by the goalkeeper. 2 Negative is when a teammate shouts at their defensive partner in netball for being too slow back to the D.</p>	<p>No comments provided.</p>
	<p>Marks:[2/2]</p>

9. Evaluate the use of negative feedback for elite performers.

It is useful for elite performers as they will know ¹ what to do to ² improve and these marginal gains can have a big impact ³ at the highest level of competition. Furthermore, elite athletes are not ⁴ driven by praise and actually seek out criticism in order to improve. However, only the very best coaches will have the ⁶ technical knowledge to provide negative feedback to elite performers and this could become very expensive and scientific.

No comments provided.

Marks:[4/4]

10.

With reference to the multi-store memory model, explain how a badminton player uses selective attention during a rally.

<p>1 Selective attention occurs between the short term sensory store and short term memory. A badminton player would filter out any irrelevant information and will only focus on the flight of the shuttle and the position of their opponent. If done well, the reaction time and the information processing of the player will speed up and they are more likely to win more rallies and, therefore, their match.</p>	<p>No comments provided.</p>
	<p>Marks:[4/4]</p>

11.

Craik and Lockhart argued that "memory is just a by-product of processing information." Explain how a tennis coach could use the **levels of processing model** when teaching children how to serve.



² The coach must give meaning to the serve by explaining why it is ³ important. This is semantic processing. By doing this, the player is more likely to store the serve effectively in their long term memory. The coach could also use ⁵ video playback as a form of ⁴ elaboration rehearsal.

No comments provided.

Marks:[3/3]

Feedback:

No feedback provided.