4.3 Sport Psychology: The Information-Processing Model, Guidance and Feedback: 10-minute Pack

AQA 8582 · Calculators not allowed · about 10 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer ALL questions. Show all your working.

1 The basic information-processing model describes how a performer takes in information and produces a movement.

- ☐ A) Output, decision making, input, feedback
- ☐ B) Input, decision making, output, feedback
- ☐ C) Feedback, input, output, decision making
- ☐ D) Decision making, input, feedback, output

(Total for Question 1 is 1 mark)

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2 Feedback can be classified as intrinsic or extrinsic.

(a) Describe 'intrinsic feedback', giving an example. **(2)**

(b) Describe 'extrinsic feedback', giving an example. **(2)**

(Total for Question 2 is 4 marks)

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3 Which of the following is the best example of extrinsic feedback?

- ☐ A) A sprinter feeling that their start was slow
- ☐ B) A gymnast sensing that they landed off balance
- ☐ C) A coach telling a swimmer that their turn was too slow
- ☐ D) A cyclist feeling their legs burning with fatigue

(Total for Question 3 is 1 mark)

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4 After a race, a rowing coach tells her crew: 'Your finishing time was 2 seconds slower than last week, and I noticed your catch at the start of the stroke was late on the third and fourth rowers.'

(a) Identify which part of the coach's comment is knowledge of results. **(1)**

(b) Identify which part of the coach's comment is knowledge of performance. **(1)**

(Total for Question 4 is 2 marks)

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5 Explain why a coach might choose to give mostly positive feedback to this beginner, rather than focusing on their mistakes.

(Total for Question 5 is 3 marks)

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Mark scheme · 4.3 Sport Psychology: The Information-Processing Model, Guidance and Feedback: 10-minute Pack

Question 1

B (input, decision making, output, feedback) **B1**

Answer: B

Question 2

(a) feedback that comes from within the performer, using their own senses/feel for the movement, oe **B1**

(a) example, e.g. a gymnast feeling that their landing was off-balance, oe **B1**

(a) Answer: Intrinsic feedback comes from within the performer, using their own senses or feel for the movement, for example a gymnast feeling that their landing was off-balance.

(b) feedback that comes from an outside/external source, oe **B1**

(b) example, e.g. a coach telling a gymnast their landing was off-balance, or the crowd applauding, oe **B1**

(b) Answer: Extrinsic feedback comes from an external source, for example a coach telling a gymnast their landing was off-balance.

Question 3

C **B1**

Answer: C

Question 4

(a) the finishing time being 2 seconds slower than last week, oe **B1**

(a) Answer: The finishing time being 2 seconds slower than last week.

(b) the comment about the late catch for the third and fourth rowers, oe **B1**

(b) Answer: The comment about the late catch for the third and fourth rowers.

Question 5

positive feedback highlights what the performer did well, oe **B1**

this can increase confidence/self-belief and motivation to keep trying, oe **B1**

too much negative feedback early on could discourage a beginner and reduce their motivation to continue learning the skill, oe **B1**

Answer: Positive feedback highlights what the beginner did well, which can increase their confidence and motivation to keep trying, whereas too much negative feedback early on could discourage a beginner and reduce their motivation to continue learning the skill.

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