4.5 Sport Psychology: Aggression in Sport: 10-minute Pack

Total Marks

AQA 8582 · Calculators not allowed · about 10 minutes

Name: _____ Date: ____ / ____ / _____

Answer ALL questions. Show all your working.

1 Aggression in sport is behaviour intended to harm another person or their property, that is outside the rules of the activity.

- ☐ A) A hard but fair, legal tackle made with no intent to injure
- ☐ B) A late, off-the-ball elbow thrown at an opponent
- ☐ C) A player running at full effort to close down space
- ☐ D) A player diving to save a shot within the rules

(Total for Question 1 is 1 mark)

---

2 State one example of a punishment a governing body might use against a performer found to have acted aggressively.

(Total for Question 2 is 1 mark)

---

3 Discuss the causes and consequences of aggression in sport, using a named performer and a named sporting situation of your choice, and evaluate strategies that could be used to control it.

(Total for Question 3 is 9 marks)

© Revision Library | revisionlibrary.co.uk

Mark scheme · 4.5 Sport Psychology: Aggression in Sport: 10-minute Pack

Question 1

B **B1**

Answer: B

Question 2

any valid example, e.g. a red card/sending off, a match ban/suspension, or a fine, oe **B1**

Answer: For example, a match ban or suspension.

Question 3

Level 3 A detailed and coherent response that accurately distinguishes aggression from assertive behaviour and direct from indirect aggression, applies causes and consequences specifically to the named performer/situation, and evaluates control strategies with a balanced judgement. Sustained, accurate use of sport psychology terminology throughout. **7-9**

Level 2 Some accurate coverage of causes, consequences and/or control strategies, with some application to the named example, though the distinction between aggression/assertion or direct/indirect may be underdeveloped, or evaluation may be one-sided. Generally correct use of terminology. **4-6**

Level 1 Basic or generic statements about aggression with little or no specific application to the named performer/situation and little evaluation of control strategies. **1-3**

Level 0 No relevant content. **0**

Indicative content:

- Definition: aggression is behaviour intended to harm another person, that is outside the rules; it should be distinguished from assertive behaviour, which is forceful, fully committed, legal play with no intent to harm.
- Direct aggression: physical or verbal contact aimed straight at an opponent or official, e.g. a deliberate late/high tackle.
- Indirect aggression: aggression released onto an object rather than a person, e.g. throwing equipment.
- Cause: frustration, e.g. from being outplayed, losing, or a decision going against the performer/team.
- Cause: provocation from an opponent, e.g. being fouled or verbally taunted.
- Cause: over-arousal, since high arousal is linked to a loss of self-control and impulsive decision making.
- Cause: the importance/pressure of the specific match named (e.g. a cup final, a local derby) can raise arousal and frustration together.
- Consequence: a card/sending off, leaving the team at a numerical or tactical disadvantage.
- Consequence: risk of injury to an opponent, and possible bans/suspensions affecting future matches.
- Consequence: reputational damage to the performer or team, and possible loss of focus on tactics/skill execution.
- Control strategy: arousal-control techniques (e.g. controlled breathing, relaxation) to reduce the loss of self-control linked to aggression.
- Control strategy: focusing on process goals rather than dwelling on provocation or the scoreline.
- Control strategy: consistent officiating/firm application of the rules to remove a common trigger.
- Evaluative point: no single strategy works for every performer or situation, since causes differ (a strategy targeting over-arousal will not help a performer whose aggression is caused mainly by a specific rival's provocation), so a combination of approaches is usually more effective than relying on just one.

© Revision Library | revisionlibrary.co.uk