4.5 Sport Psychology: Aggression in Sport: 30-minute Pack

Total Marks

AQA 8582 · Calculators not allowed · about 30 minutes

Name: _____ Date: ____ / ____ / _____

Answer ALL questions. Show all your working.

1 State two possible causes of aggression in sport.

(Total for Question 1 is 2 marks)

2 State one difference between direct aggression and indirect aggression.

(Total for Question 2 is 1 mark)

3 Explain why this tackle should be classed as assertive behaviour rather than aggression, even though it is forceful.

(Total for Question 3 is 2 marks)

4 Explain why a team sport such as rugby or football might be more likely to see instances of aggression than an individual, closed-skill sport such as archery.

(Total for Question 4 is 3 marks)

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5 State the two features that must both be present for a sporting action to be classified as aggression, rather than assertive behaviour.

(Total for Question 5 is 2 marks)

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6 Which of the following is the best example of indirect aggression?

- ☐ A) Elbowing an opponent hard in the ribs while going for a rebound
- ☐ B) Shouting insults directly at an opponent
- ☐ C) Slamming a hockey stick against the ground after missing a shot
- ☐ D) Deliberately treading on an opponent's foot off the ball

(Total for Question 6 is 1 mark)

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7 A basketball player is elbowed hard by an opponent while going for a rebound, and no foul is given by the official. Frustrated, she throws the ball hard against the wall at the next stoppage of play.

(a) State whether throwing the ball against the wall is an example of direct or indirect aggression. **(1)**

(b) Explain two factors from the scenario that are likely causes of her reaction. **(2)**

(Total for Question 7 is 3 marks)

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8 Explain the difference between aggression and assertive behaviour in sport.

(Total for Question 8 is 3 marks)

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9 Explain how the threat of a severe punishment, such as a lengthy ban, might reduce aggressive behaviour in sport.

(Total for Question 9 is 2 marks)

10 Aggression is classified as either direct or indirect.

(a) Describe what is meant by 'direct aggression', giving a sporting example. **(2)**

(b) Describe what is meant by 'indirect aggression', giving a sporting example. **(2)**

(Total for Question 10 is 4 marks)

11 Identify whether Erin's action is an example of direct or indirect aggression, justifying your answer.

(Total for Question 11 is 2 marks)

12 Which of the following is the best example of direct aggression?

- ☐ A) A footballer kicking a water bottle across the pitch in frustration
- ☐ B) A boxer deliberately punching an opponent after the bell has gone
- ☐ C) A cricketer throwing their bat down after being given out
- ☐ D) A tennis player smashing their racket on the court

(Total for Question 12 is 1 mark)

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13 Explain how a hostile home crowd could increase the likelihood of an away player behaving aggressively.

(Total for Question 13 is 2 marks)

14 Explain one negative consequence that aggressive behaviour can have for a team, other than a possible injury to the opponent.

(Total for Question 14 is 2 marks)

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Mark scheme · 4.5 Sport Psychology: Aggression in Sport: 30-minute Pack

Question 1

any one valid cause, e.g. frustration (e.g. losing/being outplayed), high arousal/over-arousal, provocation by an opponent, or the importance/pressure of the match, oe **B1**

a second, distinct valid cause, oe **B1**

Answer: For example, frustration at losing, and being provoked by an opponent.

Question 2

direct aggression is aimed at another person, whereas indirect aggression is aimed at an object, oe **B1**

Answer: Direct aggression is aimed at another person, whereas indirect aggression is aimed at an object.

Question 3

it is within the rules of the game, oe **B1**

there is no intent to harm the opponent, oe **B1**

Answer: The tackle is within the rules of the game and there is no intent to harm the opponent, so it does not meet either of the two defining features of aggression, even though it is forceful.

Question 4

team sports like rugby/football involve direct physical contact and opposition, giving more opportunity for provocation/frustration between opponents, oe **B1**

these sports also often have higher, more variable arousal levels during play, which is linked to a greater loss of self-control, oe **B1**

archery has no opponent contact and is performed at a lower, calmer, more stable arousal level, so there is little opportunity or trigger for aggression to occur, oe **B1**

Answer: Rugby and football involve direct physical contact and opposition, which gives far more opportunity for provocation and frustration, and are often played at higher, more variable arousal levels linked to a loss of self-control, whereas archery has no opponent contact and is performed at a lower, calmer arousal level, giving little opportunity or trigger for aggression.

Question 5

intent to harm another person, oe **B1**

it must be outside the rules of the activity, oe **B1**

Answer: There must be an intent to harm another person, and the action must be outside the rules of the activity.

Question 6

C **B1**

Answer: C

Question 7

(a) indirect aggression **B1**

(a) Answer: Indirect aggression.

(b) provocation: being elbowed hard by the opponent, oe **B1**

(b) frustration: the lack of a foul being given added to her frustration at the unpunished contact, oe **B1**

(b) Answer: Provocation, being elbowed hard by the opponent, and frustration at the official not awarding a foul for it, are both likely causes of her reaction.

Question 8

aggression involves an intent to harm another person and is outside the rules of the activity, oe **B1**

assertive behaviour is forceful, high-effort/energetic play that stays within the rules, with no intent to harm, oe **B1**

a valid comparative sporting example, e.g. a hard, fully committed but legal rugby tackle (assertive) compared with a deliberate late tackle after the whistle (aggressive), oe **B1**

Answer: Aggression involves an intent to harm another person and breaks the rules of the activity, whereas assertive behaviour is forceful, high-effort, fully committed play that stays within the rules and has no intent to harm, for example a hard but legal rugby tackle (assertive) compared with a deliberate late tackle after the whistle (aggressive).

Question 9

a performer who knows a severe consequence is likely may think more carefully before acting aggressively, oe **B1**

this can act as a deterrent, reducing the number of aggressive incidents overall, oe **B1**

Answer: A performer who knows a severe consequence, such as a lengthy ban, is likely may think more carefully before acting aggressively, so the threat of punishment can act as a deterrent, reducing the number of aggressive incidents overall.

Question 10

(a) aggression directed straight at another person (an opponent or official), involving physical or verbal contact intended to harm them, oe **B1**

(a) sporting example, e.g. punching an opponent, or a deliberate high, dangerous tackle, oe **B1**

(a) Answer: Direct aggression is aggression aimed straight at another person, involving physical or verbal contact intended to harm them, for example punching an opponent.

(b) aggression that is not aimed directly at another person, but is instead taken out on an object or through the environment, oe **B1**

(b) sporting example, e.g. throwing/smashing a tennis racket, or kicking the ball away hard in frustration, oe **B1**

(b) Answer: Indirect aggression is aggression that is not aimed directly at another person, but is taken out on an object instead, for example smashing a tennis racket on the ground in frustration.

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Question 11

indirect aggression, oe **B1**

justification: the aggressive action is directed at the ground/an object, not at another person, oe **B1**

Answer: Indirect aggression, because Erin's aggressive action is directed at the ground, an object, rather than at another player or official.

Question 12

B **B1**

Answer: B

Question 13

constant jeering/booing can provoke and frustrate the away player, oe **B1**

it may also raise their arousal level, which is linked to a loss of self-control, oe **B1**

Answer: Constant jeering or booing from a hostile crowd can provoke and frustrate the away player, and it may also raise their arousal level, which is linked to a loss of self-control and a greater chance of an aggressive reaction.

Question 14

a valid consequence, e.g. a penalty/card/sending off for the aggressive player, or a loss of focus on tactics/skill, oe **B1**

linked explanation, e.g. playing with one fewer player after a sending off puts the team at a numerical/tactical disadvantage, oe **B1**

Answer: The aggressive player could be sent off, leaving the team a player short and at a tactical disadvantage for the rest of the match.

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