Solutions

Marking: **M1** a correct method, **A1** the correct answer, **B1** an independent mark.

Each answer shows the steps, then the **result**.

2.1

cognitive: the mental part: worry, negative thoughts, fear of failure; somatic: the physical signs: raised heart rate, sweating, butterflies, muscle tension

2.2

stress depends on appraisal, not the event itself; primary appraisal: one player sees the penalty as a threat, the other as a challenge; secondary appraisal: the confident player believes they have the skills to cope, so feels less stress

2.3

performance is best at a moderate, optimal arousal and falls if arousal is too low or too high; snooker is a fine, complex skill needing precise control and concentration, so the optimum is low; scrummaging is a gross, simple skill using large muscles and strength, so the optimum is high

3.1

(a) when cognitive anxiety is high and arousal passes the optimum; performance falls suddenly and sharply (a catastrophe), not gradually

(b) recovery needs arousal to fall well below the level where the drop happened (hysteresis); and cognitive anxiety must be reduced first, which takes time

3.2

(a) any two: questionnaire such as CSAI-2 / SCAT; physiological, e.g. heart rate, cortisol, sweat; observing behaviour

(b) any three, each classified: practise the routine in mock competitions (problem-focused); breathing / muscle relaxation (emotion-focused); positive self-talk or reappraising the competition as a challenge (emotion-focused); talking with a coach to make a plan (problem-focused); listening to music to distract (avoidance)