

OCR Paper 3 Exam Analysis



SPORT & EXERCISE PSYCHOLOGY

2026

Outline the key research by **Smith et al. (1979)** and explain how it relates to the topic area of performing with others (10)

Discuss research into performing with others in relation to the reductionism/holism debate (15)

Outline at least one strategy a sports psychologist might suggest to improve performance – scenario (10)

2025

Outline the key research by **Lewis et al (2014)** and use it to show the extent to which dance can improve mental health (10)

Discuss the validity of research into exercise and mental health (15)

Outline at least one strategy a psychologist might suggest for improving the mental health of the school pupils – scenario (10)

2024

Outline the key research by **Kroll and Crenshaw (1970)** and explain what it tells us about measurement of personality in sport (10)

Discuss sampling bias in research into personality and sport (15)

Outline at least one suggestion about how knowledge of personality could be used to improve team performance – scenario (10)

2023

Outline the key research by Kroll and Crenshaw (1970) and explain what it tells us about the relationship between personality and sport (10)

Discuss the reliability of research into personality and sport (15)

Outline at least one strategy to improve sports performance – scenario (10)

2022

Use the research by Fazey and Hardy (1988) to explain how a catastrophic drop-off in sports performance can occur (10)

Discuss the individual/ situational explanations debate in relation to arousal and anxiety (15)

Strategy to help manage arousal and anxiety at the boxing club - scenario (10)

2021

Outline the key research by Zajonc et al (1969) and how an audience can affect sports performance (10)

Discuss whether research into audience affects is scientific (15)

Strategy to help players prepare for a match - scenario (10)

2020

Outline the key research by Smith (1979) and what it tells us about coaching in sport (10)

Discuss the nature/ nurture debate in relation to research into performing with others (15)

Strategies for how to improve the performance of a team - scenario (10)

2019

How the key research by Lewis et al. (2014) to explain the positive benefits of dance on mental health (10)

The social sensitivity of conducting research into exercise and mental health (15)

Advice about an exercise strategy to improve the mental health of workers - scenario (10)

2018

How research by **Munroe-Chandler et al. (2008)** can be used to explain the benefits of imagery in sport (10)

Reliability of research into motivation in sport (15)

Strategies about how to motivate the players in a team - scenario (10)

2017

In **Zajonc et al. (1969)** how sporting performance could be influenced by audiences (10)

The validity of research into audience effects (15)

What advice might a sports psychologist give Lizzie about how to prepare for this match - scenario (10)

Specimen Practice Papers

Set 1

Using **Fazey and Hardy (1988)**, explain how arousal can be related to performance in sport (10)

Methodological issues involved when researching arousal and anxiety in sport (15)

What suggestions might a sports psychologist make to Joanne about how referees could control their own levels of anxiety (10)

Set 2

Using **Kroll and Crenshaw (1970)** explain how personality can be related to participation in sport (10)

The reductionism-holism debate in relation to personality in sport (15)

What suggestions might a sports psychologist make to Kabir about how he could use knowledge of personality to improve his pupils' sports performance (10)





STUDY PSYCHOLOGY

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