

1.

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

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

(c) Amit is a primary school teacher with a class of children in Year 6 (aged 10–11 years). The children will soon be taking tests, and Amit wants to get them doing something that will improve their mental health. The school is near open countryside.

Outline at least one strategy a psychologist might suggest to Amit for how exercise could be used to improve the mental health of the school pupils. **(10)**

2.

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

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

(c) Kareem works as a sports psychologist. It is over halfway through the football season and a team has lost most of its matches. The manager of this team wants advice from Kareem about how knowledge of personality might be used to improve the performance of this team in the last part of the season.

Outline at least one suggestion that Kareem could make to this football manager about how knowledge of personality could be used to improve the team's performance. **(10)**

