**Leadership Questions**

When quality of performance and levels of satisfaction are high, optimal levels of arousal are more likely.

Figure 5

**Use Figure 5 to explain how a coach can help the performer to reach optimal levels of arousal. *(4 marks)***

Fiedler suggested that the preferred style of leadership depends on the favourableness of the situation.

**Outline the characteristics of a favourable situation and name the style of leadership that should be used when this occurs. *(4 marks)***

**Identify three characteristics of a good leader and explain the difference between an emergent leader and a prescribed leader. *(3 marks)***

**Leadership Answers**

**When quality of performance and levels of satisfaction are high, optimal levels of arousal are more likely.**

**Use Figure 5 to explain how a coach can help the performer to reach optimal levels of arousal.**

***(4 marks)***

A. Situation, performer and leader characteristics must be considered

B. (Required behaviour) – determined by the situation

C. (Preferred behaviour) – the performer’s ideal behaviour of the leader

D. (Actual leader behaviour) – the leader’s action towards the performer

E. The closer the leader’s behaviour is to that expected by performer the greater chance of optimal arousal/performance will be of a high quality/levels of satisfaction

F. Having all three behaviours matching is the ideal

**Fiedler suggested that the preferred style of leadership depends on the favourableness of the situation.**

**Outline the characteristics of a favourable situation and name the style of leadership that should be used when this occurs. *(4 marks)***

A. Task-centred/task-orientated/autocratic leadership style

*Sub max 1 mark*

B. Leader respected by group

C. Leader has good relationship with group

D. Group highly motivated

E. Group high ability/highly successful

F. Clear task/goal/roles

G. Good support network

H. Good resources/equipment/facilities

**Identify three characteristics of a good leader and explain the difference between an emergent leader and a prescribed leader. *(3 marks)***

A. Characteristics (any 3 from)confident/organised/inspirational/good

communicator/knowledgeable/visionary/good decision maker/ interpersonal skills/approachable/ determined/empathy/charismatic/motivational/ equiv.

B. Emergent leader – group approval/elected by the team

C. Prescribed leader – appointed by external authority to lead the group