

Key points to learn

1. Skill and Ability	S: A learned action/behaviour which brings about predetermined results with maximum certainty and minimum time and energy
	A: Inherited from parents, stable traits that determine potential to learn or acquire skills
2. Classifications of Skill	<ol style="list-style-type: none"> 1. Basic / Complex 2. Open / Closed 3. Self - Paced / Externally paced 4. Gross / Fine
3. Types of Goals	Performance goals (personal / no comparison to peers) Outcome goals (winning / results)
4. SMART Targets	Specific Measurable Accepted Realistic Time-bound
5. Information Processing Model	
6. Types of Guidance	Visual (seeing) Verbal (hearing) Manual (Physical assistance) Mechanical (Use of objects/aids)
7. Types of Feedback	<ol style="list-style-type: none"> 1. Positive / negative 2. Knowledge of results/ Knowledge of performance 3. Extrinsic / Intrinsic

Key points to learn

8. Arousal	State of alertness / excitement varying from deep sleep to intense excitement.
9. Inverted U Theory	
10. Optimum arousal levels	Appropriate levels for gross/fine skills. E.g.. A rugby tackle requires high level of arousal.
11. Controlling arousal	<ol style="list-style-type: none"> 1. Deep breathing 2. Mental rehearsal / visualisation / imagery 3. Positive self talk
12. Aggression	Direct : Actual physical contact inflicting harm
	Indirect : No physical harm occurs but as a result can damage confidence (e.g. smashing a badminton to win a point)
13. Personality	Introvert : quiet, passive, shy - individual sports.
	Extrovert : sociable, active, talkative and outgoing - team sports.
14. Motivation	Intrinsic : Within the performer
	Extrinsic : Wanting to achieve an reward

GCSE AQA PE

2.1 Sports Psychology Knowledge Organiser

Big picture (PE Paper 2)

Paper 1	Paper 2
Anatomy and Physiology	Sports psychology
Movement analysis	Socio- cultural influences
Physical Training	Health Fitness and Well-being
Data	Data

Background

Students need to be aware of the psychological (mental and social) factors that can affect performers in physical activity and sport.

Exam Questions

- Explain the process of decision making for a footballer taking a penalty kick (6 Marks)
- Evaluate the value of trophies as prizes for sports performers (3 Marks)
- Name two sports that would stereotypically suit an extrovert. Justify your answer (3 Marks)
- What do you understand by the term 'smart goal setting'? (5 Marks)