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| **What will we be learning?**   * **Sports Psychology** | **Why this? Why now?**  This unit is a compulsory for the A level course which will be examined through the H555/01 paper at the end of year 13.  This whole unit will be taught towards the end of Year 1 and Year 2 to build on the Acquiring Movement Skills Section | **Key Words:**  PERSONALITY  ATTITUDE  MOTIVATION  AROUSAL  ANXIETY  AGGRESSION  AUDIENCE - SOCIAL FACILITATION  AUDIENCE – SOCIAL INHIBITION  A GROUP  WHY SET GOALS?  ATTRIBUTION  SPORTS CONFIDENCE  SELF EFFICACY  LEADERSHIP  AUTOCRATIC  DEMOCRATIC  STRESS  STRESSED  IMAGERY  MENTAL REHEARSAL |
| **What will we learn? Year 1 End / Year 2**  Students will develop their knowledge and understanding of the psychological factors that can affect performers in physical activity and sport.  Students’ knowledge and understanding will be developed on:   * The individual differences affecting performers in physical activity and sport; group and team dynamics in sport; * The importance of goal setting in sports performance; * The role of attribution in motivating performers; * Confidence and self-efficacy in sport; * Leadership in sport and stress management in physical activities and sports to optimise performance. | |
| **What opportunities are there for wider study?**  **Optional Booster sessions**  **PE Review Magazine**  **Careers/degree courses**   * Sports Coaching * PE Teaching / Teaching * Sports Psychologist * Sports Management * Fitness Instructor | |
| **How will I be assessed?**   * Everlearner set assignments/check points/ Home study tasks * Topic tests * End of unit tests * Mock Exams | |

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| **What will we learn?**  **2.2 Individual Differences**  Personality:  Definition of personality • theories of personality: – trait – extroversion/introversion, stable/unstable, type a/type b – social learning – interactionist •  Attitudes:  Definition of attitude • factors affecting attitude formation • components of attitude: – cognitive – affective – behavioural; methods of attitude change: – persuasive communication – cognitive dissonance •  Motivation:  Definitions of: – intrinsic motivation – extrinsic motivation • uses and effects of: – intrinsic motivation – extrinsic motivation  Arousal:  Definition of arousal • effects of arousal: – drive theory – inverted U theory – catastrophe theory •  Anxiety:  Definition of anxiety • types of anxiety: – state and trait • response to anxiety: – somatic and cognitive – zone of optimal functioning.  Aggression:  Definition of aggression • theories of aggression: – instinct – social learning – frustration-aggression hypothesis – aggressive cue hypothesis •  Audience:  Social facilitation • definition of social facilitation and social inhibition • the effect of an audience on: – introverts/extroverts – beginners/experts – simple/complex skills – gross/fine skills • evaluative apprehension • strategies to minimise social inhibition |
| **2.2 Group and Team Dynamics in Sport**  Definition of a group • the formation of groups and sports teams using stages of group development • forming • storming • norming • performing; Steiner’s model of group effectiveness • Ringelmann effect and social loafing |
| **2.2 Goal Setting**  Importance and effectiveness of goal setting • for attentional focus • persistence on tasks • raising confidence and self-efficacy • control of arousal and anxiety • to monitor performance • the SMART principle (Specific, Measurable, Achievable, Recorded, Time phased). |
| **2.2 Attribution**  Weiner’s model of attribution • stability dimension (unstable and stable) • locus of causality dimension (internal and external) • controllability dimension • learned helplessness as a barrier to sports performance • mastery orientation to optimise sports performance |
| **2.2 Confidence and Self Efficacy in Sports Performance**  Definitions of sports confidence and self-efficacy • the impact of sports confidence on: • performance • participation • self-esteem • Vealey’s model of sports confidence: • trait sports confidence • competitive orientation • state sports confidence • subjective perceptions of outcome • Bandura’s theory of self efficacy: • performance accomplishments • vicarious experiences • verbal persuasion • emotional arousal |
| **2.2 Leadership in Sport**  Characteristics of effective leaders • emergent or prescribed leaders • leadership styles • autocratic • democratic • laissez-faire • theories of leadership • trait perspective • social learning • interactionist • Chelladurai’s multi-dimensional model of sports leadership |
| **2.2 Stress Management to optimise performance**  Definition and causes of stress • use of cognitive stress management techniques: • positive thinking/self-talk • negative thought stopping • rational thinking • mental rehearsal • imagery • goal setting • mindfulness • use of somatic stress management techniques: • progressive muscular relaxation • biofeedback • centring technique • breathing control. |