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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:**PERSONALITYATTITUDE MOTIVATION AROUSALANXIETYAGGRESSION AUDIENCE - SOCIAL FACILITATION AUDIENCE – SOCIAL INHIBITIONA GROUP WHY SET GOALS? ATTRIBUTION SPORTS CONFIDENCESELF EFFICACY LEADERSHIP AUTOCRATIC DEMOCRATICSTRESS STRESSEDIMAGERY 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.
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| **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
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| **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. |