

Ability =  
Skill =  
basic/complex =  
open/closed =  
self-paced/externally paced =  
gross/fine =

SMART targets of goal setting are (give definitions and examples)

- s
- m
- a
- r
- t

Feedback: Give a definition of each type and state 3 pros/cons.

positive/negative

knowledge of results

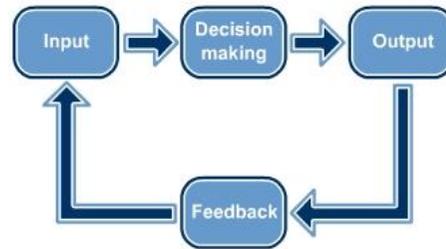
performance goals =

Example =

outcome goals =

Example =

### Socio-cultural influences



Explain the 4 stages of the Information processing model giving definitions and examples from a sport.

knowledge of performance

Guidance – give a definition and example from a sport.

visual (seeing)

Verbal (hearing)

Manual

mechanical

extrinsic/intrinsic.

Definition of Arousal and why it's needed in sport?

Under arousal =

What happens if you are:

Optimum arousal =

What happens if you are:

Over arousal =

What happens if you are:

What are the optimum levels of arousal (High or Low) for:

Shooting in Archery =

Taking a shot in Snooker =

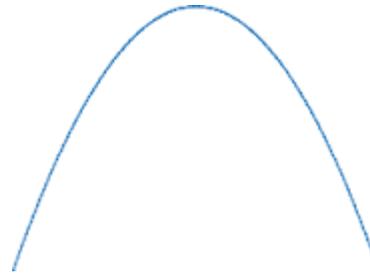
Sprint start =

Rugby Tackle =

Throwing a dart =

Beginning to lift in weightlifting =

Fully Label the Inverted you graph below (5 marks) Think what 5 things need to added to it.



Explain how optimum levels of Arousal differ between fine and gross sports.

Stress management techniques: How are they carried out? Explain with a sporting example

deep breathing

mental rehearsal/visualisation/imagery

positive self talk.

Characteristics of an introvert:

- 
- 
- 
- 
- 

Characteristics of an extrovert:

- 
- 
- 
- 
-

A coach gives a tennis player verbal feedback about errors in her forehand technique at the end of a training session.

Other than being extrinsic, what type of feedback is this?

1 MARK

Definition of intrinsic and extrinsic motivation, and a sporting example.

Definition of direct and indirect aggression with sporting examples:

(b) Describe the difference between open and closed skills.(2)

Mechanical guidance can be used in sport. State, using examples, one advantage and one disadvantage of mechanical guidance when teaching a trampolinist to somersault.

(i) Advantage(2)

(ii) Disadvantage(2)

3 Pros and 3 Cons of using Intrinsic and Extrinsic motivation.

1

2

1

2