

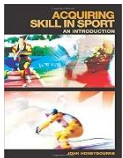
Year 12 Transition Booklet

Psychological Factors affecting Performance

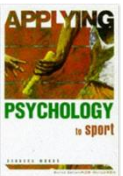
<ul style="list-style-type: none">• Skill acquisition• Sports psychology	<p>Psychological factors affecting performance (02)* 60 marks 1 hour written paper</p>	<p>20% Of total A level</p>
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Useful Resources

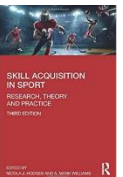
BOOKS



Honeybourne, J. 2006. *Acquiring Skill in Sport: An Introduction*. Routledge



Woods, B. (1999) *Applying Psychology to Sport*, London: Psychology Press



Hodges, N. and Williams, M. (2012) *Skill Acquisition in Sport: Research, Theory and Practice*, London: Routledge

SCHOLARLY ARTICLES

Zaichkowsky, L. 2004. Arousal in Sport. *Applied Psychology*.

Weinberg, R. S. (2002) Goal setting in sport and exercise: Research to practice. *Exploring sport and exercise psychology*, pages 25-48.

YOUTUBE CLIPS

Stages of Learning <https://www.youtube.com/watch?v=n7UcobScnck>

Aggression in Sport <https://www.youtube.com/watch?v=DIrTha8cbAI>

Channels

My PE Exam – <https://www.youtube.com/channel/UCtQWDngwhYgmMjKyzZy2dUQ>

The PE Tutor - https://www.youtube.com/channel/UCUVsiR-1u_oSZ32CHQmD4Ug

James Morris – <https://www.youtube.com/channel/UCChU8cYZY5xpQ7pBIklu3Xw>

TASKS and ACTIVITIES

TASK 1

Theories of Learning

Research the following four theories of learning. Create a power point presentation highlighting the key features of the theory, how this might relate to learning within sport and also the positives and negatives of the theory's application within sport.

- Operant conditioning
- Observational learning
- Social development theory
- Insight learning

TASK 2

Sport Psychology

Complete the Personality Test. <http://similarminds.com/cgi-bin/eysenck.pl>

Based on the personality assessment that you just conducted on yourself, answer the following questions:

1. What personality characteristics do you show?



2. Explain the role personality plays on sporting performance.



3. Based on the personality characteristics you displayed, do you think that you're suited to the sport you play? Justify your answer.

Exam Question Practice

1. State a skill in gymnastics you think is closed, a skill that you think is serial and a skill that you think is gross. Give reasons for your choices. (3 marks)
2. Name the three stages of learning that a sports performer experiences whilst developing their skills and describe the characteristics of the level of performance associated with each stage. (4 marks)
3. Name and explain one theoretical principle that a coach could use to change a negative attitude to a positive one. (3 marks)
4. Explain the different types of anxiety and use examples of how these can have a negative impact on performance. (4 marks)
5. Describe the process of effective goal setting in preparation to motivate a team during both training and performance. (4 marks)