

4

Sports psychology: definitions of key terms



See pages 83–104

These are the key terms from Chapter 4. Try cutting them out and then matching the key terms with their definitions or asking friends and family to test you. They could give you the key term and ask you to provide the definition or give you the definition and ask you to provide the key term.

Ability	an inherited, stable trait that determines an individual's potential to learn or acquire a skill
Aggression	often defined as a deliberate intent to harm or injure another person, but in sport it can be more controlled. It which can be physical or mental. There are two types of aggression: direct aggression and indirect aggression
Arousal	a physical and mental (physiological and psychological) state of alertness/readiness, varying from deep sleep to intense excitement or alertness
Basic skill	a simple skill that does not require much concentration
Closed skill	a skill that is not affected by the environment of performers within it. The skill tends to be done the same way each time
Complex skill	a skill that requires a great deal of concentration and coordination to perform
Deep breathing	taking slow, deep breaths whilst relaxed
Direct aggression	an aggressive act that involves physical contact with others
Externally paced skill	a skill that is started because of an external factor. The speed, rate or pace of the skill is controlled by external factors, such as an opponent or the environment
Extrinsic feedback	information a performer receives about their performance from outside themselves, such as from a coach

4 Sports psychology: definitions of key terms

Extrinsic motivation	the drive to perform well or to win in order to gain external rewards
Extrovert	a sociable, active, talkative and outgoing personality type, usually associated with team sports
Feedback	the information a performer receives about their performance. Feedback can be given during and/or after a performance
Fine movement skill	a skill involving small, precise movements, showing high levels of accuracy and coordination. It involves the use of a small group of muscles
Gross movement skill	a skill that uses large muscle groups to perform big, strong, powerful movements
Guidance	a method of conveying information to a performer. Guidance can be visual, verbal, manual or mechanical
Indirect aggression	an aggressive act that does not involve direct physical contact. It is taken out on an object in order to gain an advantage
Information processing	the name given to the process that a performer goes through when they make and act on decisions. There are four steps in the basic information processing model: input, decision-making, output, feedback
Intrinsic feedback	information a performer receives from within
Intrinsic motivation	the drive to succeed that comes from within
Introvert	a quiet, shy, passive and reserved personality type, usually associated with individual sports performance
Kinaesthetic feedback	received by receptors in the muscles. Physical sensations generated by movements are felt by the performer and provide a form of intrinsic feedback

4 Sports psychology: definitions of key terms

Mental rehearsal, visualisation and imagery	cognitive relaxation techniques involving control of mental thoughts and imagining positive outcomes
Motivation	the drive to succeed, or the desire to achieve or be inspired to do something. Motivation can be intrinsic or extrinsic
Open skill	a skill that is performed in a certain way to deal with a changing or unstable environment
Outcome goals	goals that focus on the end result, on winning
Performance goals	personal standards to be achieved. Performers compare themselves against what they have already done or suggest what they are going to do. There is no comparison with other performers
Positive self talk	a cognitive relaxation technique involving developing positive thoughts about your performance
Self paced skill	a skill is started when the performer decides to start it. The speed, rate or pace of the skill is controlled by the performer
Skill	a learned action or behaviour, with the intention of bringing about pre-determined results, with maximum certainty and minimum outlay of time and energy
SMART target	a goal setting technique that can be used to increase motivation and reduce anxiety. SMART targets should be S pecific, M easurable, A ccepted, R ealistic and T ime-bound
Trait	distinguishing qualities or characteristics belonging to a person