

Socio-Cultural Influences

- Socio-cultural factors - Aspects of society and culture affecting sport participation.
- Social factors - Age, gender, ethnicity.
- Cultural factors - Religion, disability, socio-economic status.
- Barrier to participation - Anything limiting involvement.
- Financial barriers - Equipment and travel costs.
- Role model - Someone whose behaviour is copied.
- Family influence - Encouragement, transport, financial support.
- Commercialisation - Business influence on sport.
- Golden Triangle - Sport, media, sponsorship.
- Positive sponsorship effect - Provides funding.
- Negative sponsorship effect - Pressure on performance.
- Sportsmanship - Fair and honest behaviour.
- Gamesmanship - Bending rules for advantage.
- Deviance - Breaking rules or laws in sport.
- Sportsmanship example - Shaking hands.
- Gamesmanship example - Time-wasting.
- Hooliganism - Violent fan behaviour.
- Cause of hooliganism - Rivalry, alcohol.
- Technology in sport - Improves performance and fairness.
- Performance tech example - VAR, Hawk-Eye.

Sports Psychology

- Sports psychology - Study of mind and performance.
- Skill - Learned action with pre-determined results.
- Ability - Inherited qualities aiding skill learning.
- Basic skill - Simple, low decision-making.
- Complex skill - High decision-making.
- Open skill - In a changing environment.
- Closed skill - In a stable environment.
- Arousal - Alertness level.
- Inverted-U theory - Optimal performance at medium arousal.
- Intrinsic motivation - Internal drive.
- Extrinsic motivation - External rewards.
- Direct aggression - Physical contact.
- Indirect aggression - Non-contact aggression.
- Mental rehearsal - Visualisation technique.
- Deep breathing - Reduces stress.
- Positive self-talk - Boosts confidence.
- Introvert - Quiet, suited to low-arousal sports.
- Extrovert - Outgoing, suited to high-arousal sports.
- Selective attention - Focusing on relevant info.
- Feedback - Info for performance improvement.

Health, Fitness & Well-being

- Health - Complete physical, mental, social well-being.
- Fitness - Meeting demands of environment.
- Well-being - Mix of physical, mental, social health.
- Obesity - Excess body fat.
- Physical effect of obesity - Heart disease risk.
- Mental effect of obesity - Low self-esteem.
- Social effect of obesity - Isolation.
- Sedentary lifestyle - Little physical activity.
- Sedentary risk - Diabetes, obesity.
- Balanced diet - Right amounts of nutrients.
- Nutrient components - Carbs, protein, fats, vitamins, minerals, fibre, water.
- Carbohydrates - Provide energy.
- Protein - Muscle growth and repair.
- Fats - Energy and insulation.
- Hydration importance - Regulates temperature.
- Dehydration - Reduced performance due to low fluids.
- Physical health - Body functions well.
- Mental health - Ability to cope with stress.
- Social health - Healthy social relationships.
- Exercise benefits - Improves fitness, mood, social life.