

SPORTS PSYCHOLOGY (2.2)

What do I need to know?	How do I feel about this?		
	Confident	Average	Unsure
Know the definitions of motor skills.			
Understand and be able to apply examples of the characteristics of skilful movement: <ul style="list-style-type: none"> • Efficiency • Pre-determined • Co-ordinated • Fluent • Aesthetic 			
Know continua used in the classification of skills including: <ul style="list-style-type: none"> • Simple to complex skills (difficulty continuum) • Open to closed skills (environmental continuum) • Be able to apply practical examples of skills for each continuum along with justification of their placement on both continua. 			
Understand and be able to apply examples of the use of goal setting: <ul style="list-style-type: none"> • For exercise / training adherence • To motivate performers • To improve and/or optimise performance 			
Understand the SMART principle of goal setting with practical examples (Specific, Measurable, Achievable, Recorded and Timed).			
Know mental preparation techniques and be able to apply practical examples to their use: <ul style="list-style-type: none"> • Imagery • Mental rehearsal • Selective attention • Positive thinking 			
Understand types of guidance, their advantages and disadvantages and be able to apply practical examples to their use: <ul style="list-style-type: none"> • Verbal • Visual • Manual • Mechanical 			
Understand types of feedback and be able to apply practical examples to their use: <ul style="list-style-type: none"> • Intrinsic / Extrinsic • Knowledge of performance / Knowledge of results • Positive / Negative 			

MOTOR SKILLS

What is a motor skill?



What are the characteristics of skilful movement?

Fluent:

Efficient:

Predetermined:

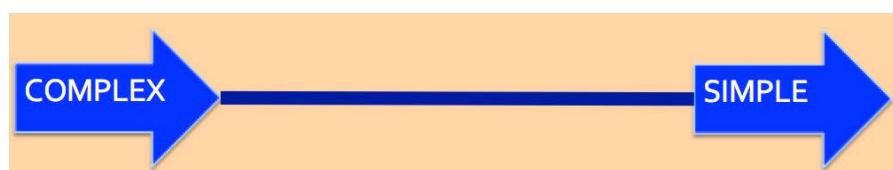
Aesthetic:

Co-ordinated:

SKILL CLASSIFICATION

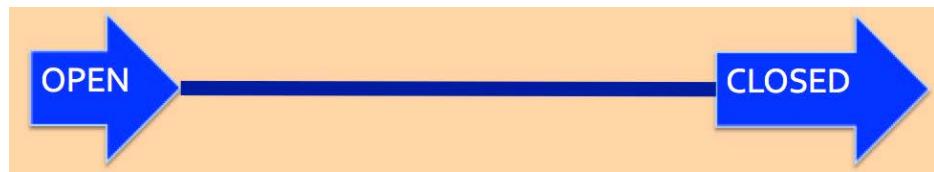
What is the difficulty continuum?

Give a sporting example explaining complex and simple skills.



What is the environmental continuum?

Give a sporting example explaining open and closed skills.



GOAL SETTING

What is it?

Specific:

Measurable:

Achievable:

Recorded:

Timed:

Why is goal setting important?

1.

.....

2.

.....

3.

.....

What is an outcome goal?

.....

What is a performance goal?

.....

MENTAL PREPARATION TECHNIQUES

What are they? Can you give sporting examples?

Imagery:

.....



Example:

.....

Mental Rehearsal:

.....

Example:



Selective attention:



Example:

Positive thinking:



Example:

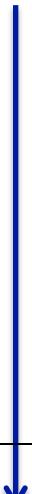
GUIDANCE

Explain the types of guidance with examples.

Visual Guidance



Example:



Explain the types of guidance with examples.

Verbal Guidance



Example:



Manual Guidance:



Example:



Mechanical Guidance:



Example:



FEEDBACK

Explain the types of feedback with examples.

1. Intrinsic:



Example:

2. Extrinsic:



Example:

3. Knowledge of performance:



Example:

4. Knowledge of results:



Example:

5. Positive:



Example:

6. Negative:



Example:

SPORTS PSYCHOLOGY EXAM QUESTIONS

Answer **all** the questions.

1. One of the characteristics of a skilled performer is efficiency.

Which one of the following is an example of efficiency in a physical activity?

(a) Serving in tennis without wasting any effort

(b) Bowling in cricket that looks good

(c) Shooting in netball but just missing the target

(d) Cyclist taking regular water breaks during a race

[1]

2. The SMART Principle refers to effective goal setting in physical activities.

Which one of the following does SMART represent?

(a) Special; Meaningful; Achievable; Realistic; Tedium

(b) Specific; Measurable; Achievable; Realistic; Time-phased

(c) Sustainable; Measurable; Agreed; Recorded; Time-phased

(d) Sensible; Meaningful; Agreed; Recorded; Tedium

[1]

3. Which one of the following is an example of knowledge of performance in a physical activity?

(a) A coach telling you that your tennis forehand technique is incorrect

(b) An official telling you that your badminton serve was out

(c) A spectator clapping you when you leave the football pitch

(d) Your parents telling you how many runs you scored in cricket

[1]

4. Using practical examples, explain the importance of goal-setting when performing physical activities.

[6]

5. Which one of the following best explains the difference between a performance goal and an outcome goal?

- (a) A performance goal is concerned with the end result and an outcome goal is concerned with tactics
- (b) A performance goal is concerned with targets and an outcome goal is concerned with beating an opponent
- (c) A performance goal is concerned with technique and an outcome goal is concerned with winning
- (d) A performance goal is concerned with a personal best and an outcome goal is concerned with trying hard

[1]

6. Describe **three** different types of feedback and give a practical example for each.

1)

2)

3)

[6]

7. Which one of the following pairs is part of SMART goal setting?

- (a) Sports and Time-phased
- (b) Movement and Specific
- (c) Achievable and Tedium
- (d) Realistic and Measurable

[1]

8. Which one of the following is an example of intrinsic feedback?

- (a) A coach telling you about the mistakes you have made in a gymnastics sequence
- (b) Looking at the scoreboard and realising that you have won the game in basketball
- (c) Feeling that a golf shot has gone wrong even before you see where the ball has gone
- (d) A lineswoman shouting out during a tennis rally at Wimbledon

[1]

9. Describe **three** effects of mental preparation on the performance of physical activities, giving a practical example for each.

1

2

3

[6]

10. Which one of the following is an example of extrinsic motivation?

- (a) Enjoying exercising with weights in a gymnasium
- (b) Feeling a sense of achievement after running a race
- (c) Being satisfied with your efforts in trying to eat healthily
- (d) Wanting to win the basketball tournament to get a trophy

[1]

11. For a named physical activity, describe how each of the following characteristics of skilful movement could be shown in performance.

Physical Activity

Efficiency

Pre-determined

Co-ordinated

Fluent

Aesthetic

[5]

12. Using practical examples from sport, explain the principles of training and goal setting to optimise a personal training programme.

[6]

13. Which one of the following is the best example of analysing the fundamental motor skill of running?

- (a) Measuring the height achieved
- (b) Measuring the length achieved
- (c) Measuring the time achieved
- (d) Measuring the width achieved

-
-
-
-

[1]

14. Which one of the following is the best example of goal setting to optimise performance?

- (a) To focus on one thing at a time when training for a marathon
- (b) Setting a target to score 15 goals in half a season in hockey
- (c) Playing each game at a time and adjusting your hopes and ambitions as you go along
- (d) The coach of an athlete promising a financial bonus if the athlete wins the next race

-
-
-
-

[1]

15. Which one of the following pairs shows the difference between knowledge of results and knowledge of performance?

(a) Knowledge of results is knowing how good your technique is and knowledge of performance is knowing your score

(b) Knowledge of results is knowing which tactics to use and knowledge of performance is knowing how fit you are

(c) Knowledge of results is knowing how fit you are and knowledge of performance is knowing which tactics to use

(d) Knowledge of results is knowing your score and knowledge of performance is knowing how good your technique is

[1]

16. Using a practical example, describe **one** characteristic of an open motor skill.

[1]

17. Using a practical example, describe **one** characteristic of a complex motor skill.

[1]

18. Explain **one** advantage and **one** disadvantage of using manual guidance when developing a motor skill in sport.

[1]

19(a). i. What is meant by 'positive thinking' when an athlete prepares for a competitive performance?

ii. Using a practical example for each, describe **two** effects of positive thinking.

1

2

(b). Give **two** examples of different types of visual guidance when helping to develop skills in sport.

1

2

[2]

20. Visual and verbal guidance are types of guidance that help the learning of motor skills.
Using a practical example for each, describe two other types of guidance.

[2]

21. Is this statement true or false? Draw a circle around your answer.
A complex skill in sport involves the processing of a lot of information.

True

False

[1]

22. Describe positive feedback when learning motor skills in sport.

[2]

23. Where on the environmental classification of skills continuum would you place a tennis serve? Indicate by placing the figure **X** on the continuum below.

[1]

24. Using practical examples, give two advantages and two disadvantages of using visual guidance in the learning of motor skills in sport.

Advantage 1

Advantage 2

Disadvantage 1

Disadvantage 2

[4]

END OF QUESTION PAPER