

GCSE Paper 2: Socio-cultural influences and well-being in physical activity and sport

Sports Psychology 1	1	2	3	4	5
Tell me 5	Urgent revision needed	Time to step up your revision	Component but still work to do	Revision is progressing well	Exam ready keep it up!
Things about skill and ability					
Types of skills (List all 8)					
Things about types of goals					
SMART Targets					
Things about skill and ability					

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Sports Psychology 2	1	2	3	4	5
Tell me 5	Urgent revision needed	Time to step up your revision	Component but still work to do	Revision is progressing well	Exam ready keep it up!
Things about information processing model					
Types of guidance in sport					
Types of feedback in sport					
Methods to control arousal					
Things about aggression					

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Sports Psychology 3	1	2	3	4	5
Tell me 5	Urgent revision needed	Time to step up your revision	Component but still work to do	Revision is progressing well	Exam ready keep it up!
Things about arousal in sport					
Things about personality types					
Things about motivation in sport					
Facts about the inverted U Theory					

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Socio-cultural influences 1	1	2	3	4	5
Tell me 5	Urgent revision needed	Time to step up your revision	Component but still work to do	Revision is progressing well	Exam ready keep it up!
Types of social groups					
Reasons why people do not take part in sport / or physical activity					
Examples of commercialisation					
Types of sponsorship					
Examples of technology in sport					

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Socio-cultural influences 2	1	2	3	4	5
Tell me 5	Urgent revision needed	Time to step up your revision	Component but still work to do	Revision is progressing well	Exam ready keep it up!
Things about conduct of performers					
PED's (Example and effect)					
Things about the +/- of taking PED's					
Things about Spectator behaviour					
Reasons why there is hooliganism in sport					

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Health and Well-being	1	2	3	4	5
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Effects of a sedentary lifestyle					
Facts about somatotypes (Examples)					
Benefits to physical health					
Benefits to mental health					
Benefits to social health					

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Health and Well-being	1	2	3	4	5
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Things about energy balance					
Things about a balanced diet					
Carbohydrates					
Proteins					
Fats					
Things about maintaining hydration					