

Give 3 examples of an ability

What is the definition of an ability?

Give 3 examples of a skill

What is the definition of a skill?

Describe the skill classifications of open V closed

Name 3 examples of an open skill
Name 3 examples of a closed skill

Describe the skill classifications of basic V complex

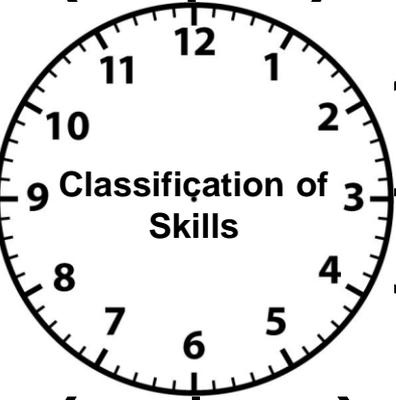
Name 3 examples of a complex skill

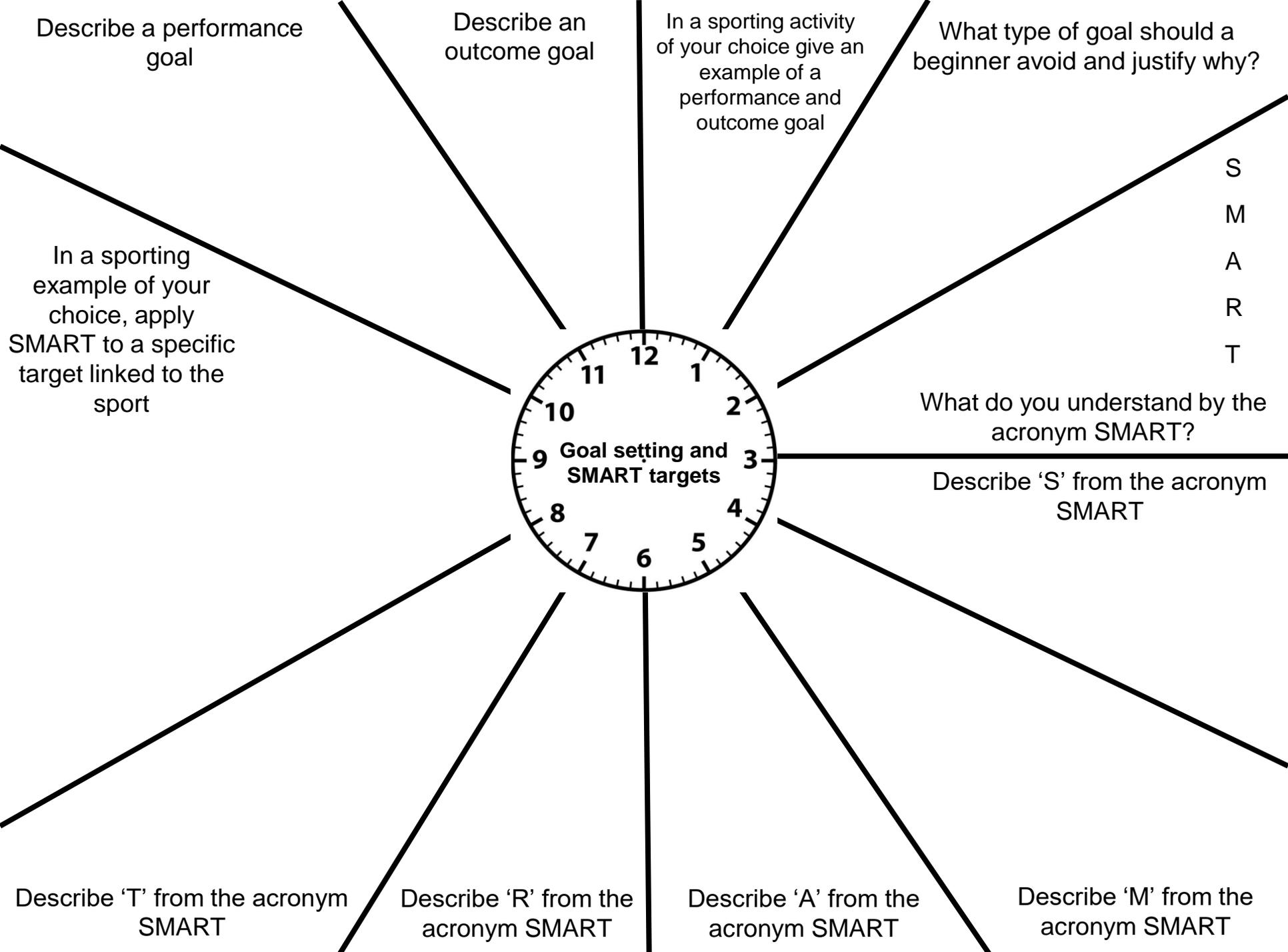
Describe the skill classifications of self paced V externally paced

Name 3 examples of a self paced skill
Name 3 examples of an externally paced skill

Describe the skill classifications of gross V fine

Name 3 examples of a gross skill
Name 3 examples of an externally paced skill





Describe a performance goal

Describe an outcome goal

In a sporting activity of your choice give an example of a performance and outcome goal

What type of goal should a beginner avoid and justify why?

S
M
A
R
T

What do you understand by the acronym SMART?

Describe 'S' from the acronym SMART

Goal setting and SMART targets

Describe 'T' from the acronym SMART

Describe 'R' from the acronym SMART

Describe 'A' from the acronym SMART

Describe 'M' from the acronym SMART

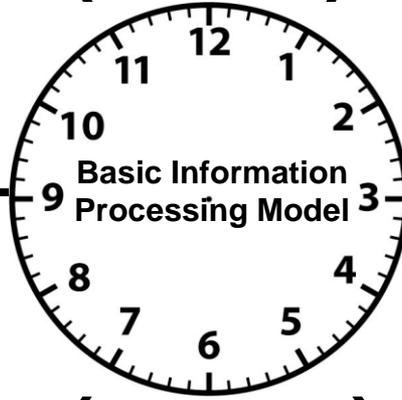
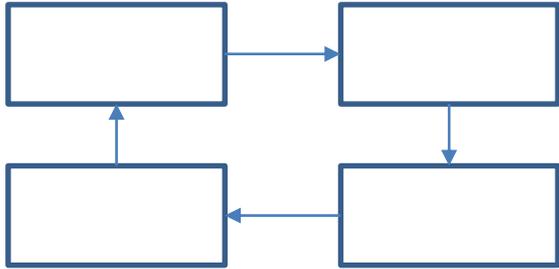
In a sporting example of your choice, apply SMART to a specific target linked to the sport

What are the four stages of the information processing model?

Describe the first stage of the information processing model

Describe the second stage of the information processing model

What do you understand by the term selective attention?



In a sporting activity of your choice, describe the four stages of the information processing model making clear reference to a specific skill

Describe the third stage of the information processing model

Describe the fourth stage of the information processing model

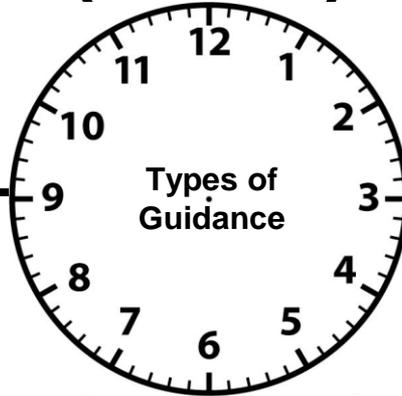
What are the two types of feedback?

What are the four types of guidance?

Describe one type of guidance?

Describe a second type of guidance

What types of guidance are most suited to beginners and elite athletes? Justify your answers



In a sporting activity of your choice, describe how all four types of guidance could be used

Describe a third type of guidance

Describe a fourth type of guidance

Describe intrinsic feedback
Give an example

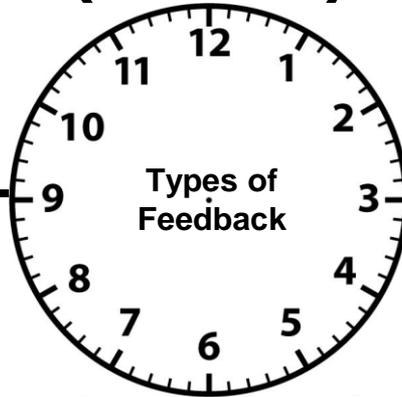
Describe extrinsic feedback
Give an example

Describe positive feedback
Give an example

Is this suitable for a
beginner? Justify your
answer

Is this suitable for a beginner? Justify your
answer

Is this suitable for a beginner? Justify your
answer



Is this suitable for a beginner? Justify your
answer

Is this suitable for a beginner? Justify your
answer

Describe
knowledge of
performance
Give an example

Describe knowledge of results
Give an example

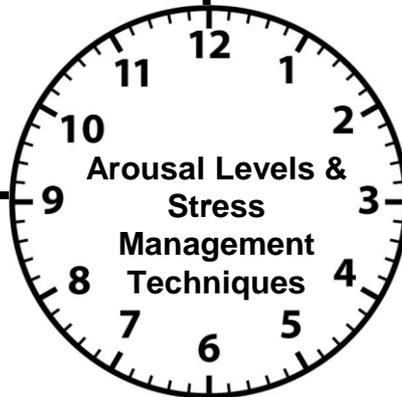
Is this suitable for a
beginner? Justify your
answer

Describe negative feedback
Give an example

What is the definition of arousal?

Draw the inverted U theory.
Correctly labelling X axis as the arousal level and Y axis
as the performance level

Describe the inverted U theory



Skill	Arousal Level
Rugby tackle	
Putting in golf	
Lay up in basketball	
Throwing a dart	
Shot putt	
Smash shot in badminton	

Name and describe the 3 stress management techniques used to control arousal

In the skills named above, state whether they would need high or low levels of arousal, dependent on whether they are gross or fine skills

What is the difference between direct and indirect aggression? Use specific definition

Name 2 examples of direct aggression from a sporting activity of your choice

Name 2 examples of indirect aggression from a sporting activity of your choice

What are the two personality types known as?

What do you understand by the terms tangible and intangible?

Describe both types of motivation

Name 3 characteristics of one of the personality types

Name 3 characteristics of the second personality type

Which is the most important type of motivation and why?

What are the two types of motivation?

What do you understand by the term motivation?

Name 3 sporting activities the second personality type might participate in

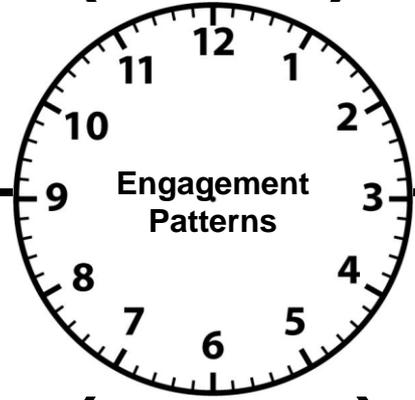
Name 3 sporting activities one of the personality types might participate in



Race

Family, friends &
peers

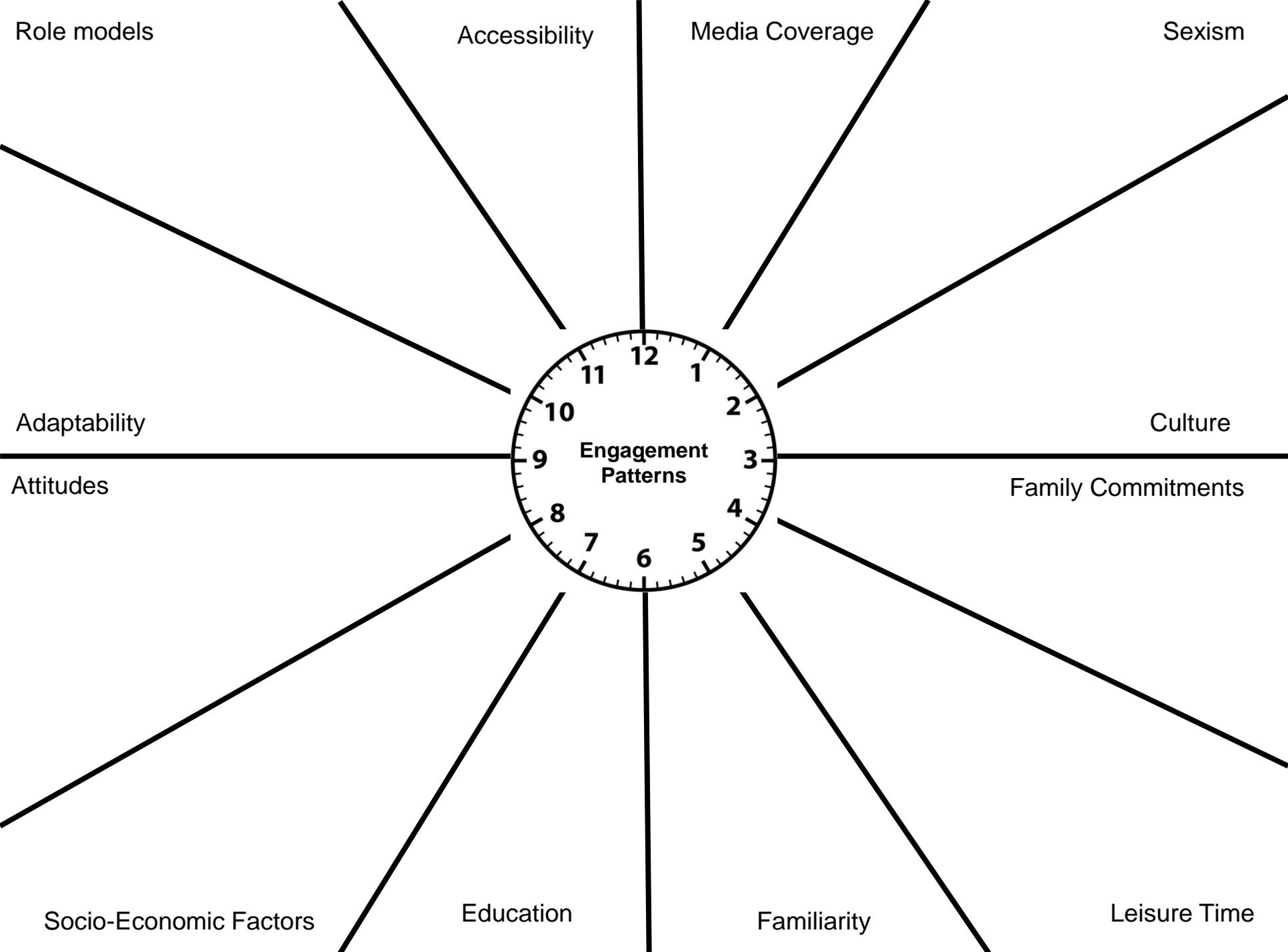
Disability



Gender

State 10 social groups that may be affected
from participating in sport

Age



Role models

Accessibility

Media Coverage

Sexism

Adaptability

Culture

Attitudes

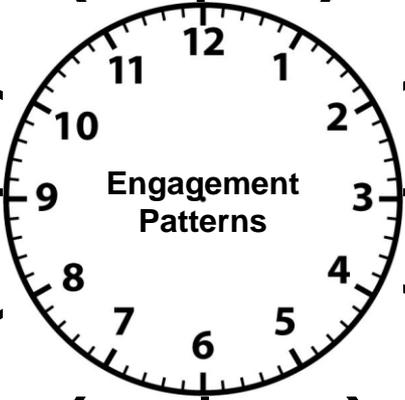
Family Commitments

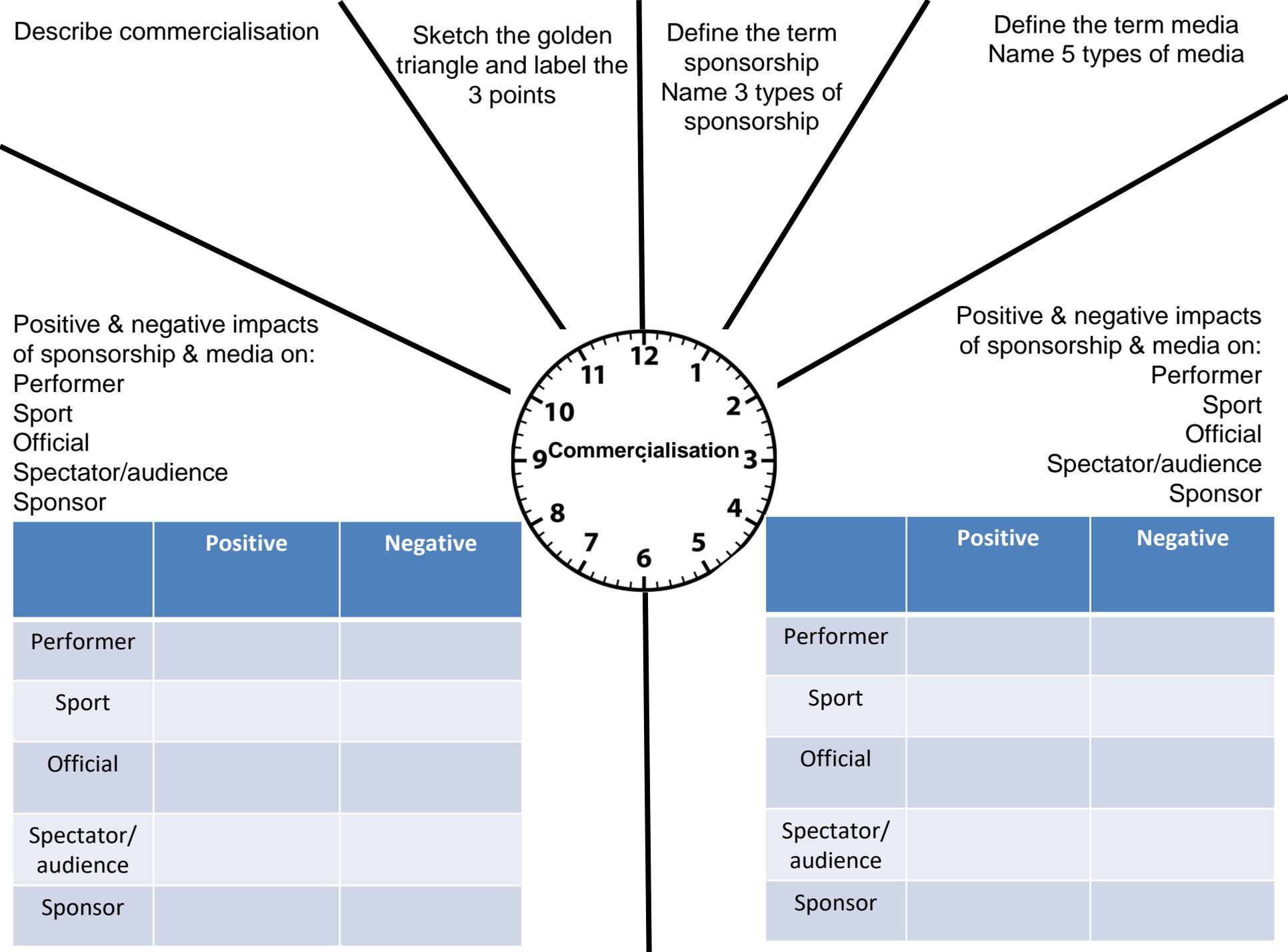
Socio-Economic Factors

Education

Familiarity

Leisure Time





Describe commercialisation

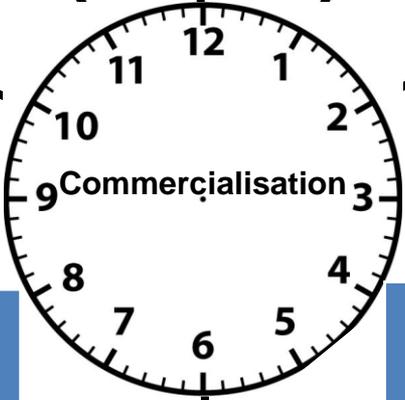
Sketch the golden triangle and label the 3 points

Define the term sponsorship
Name 3 types of sponsorship

Define the term media
Name 5 types of media

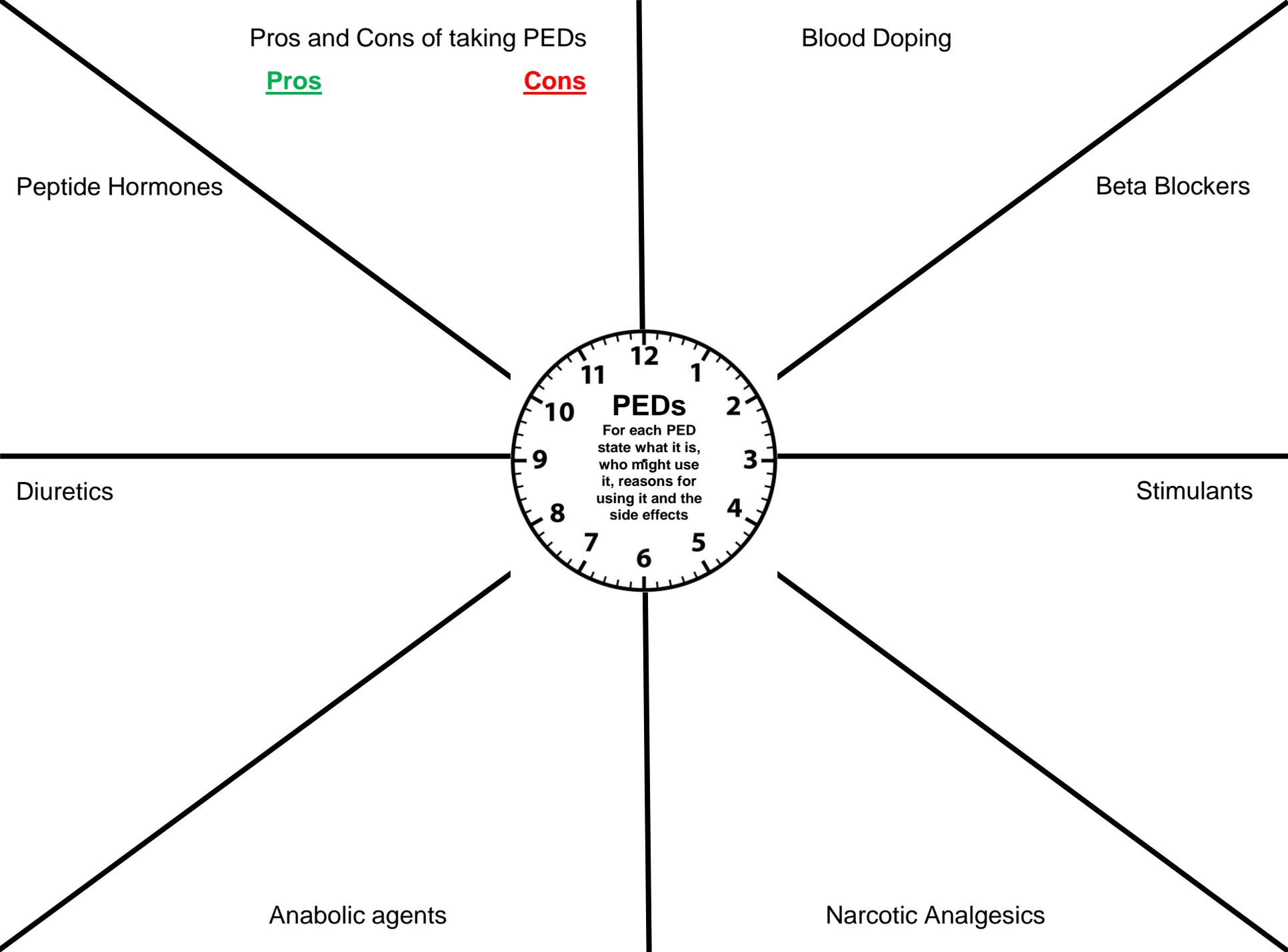
Positive & negative impacts of sponsorship & media on:
Performer
Sport
Official
Spectator/audience
Sponsor

Positive & negative impacts of sponsorship & media on:
Performer
Sport
Official
Spectator/audience
Sponsor



	Positive	Negative
Performer		
Sport		
Official		
Spectator/audience		
Sponsor		

	Positive	Negative
Performer		
Sport		
Official		
Spectator/audience		
Sponsor		



Pros and Cons of taking PEDs

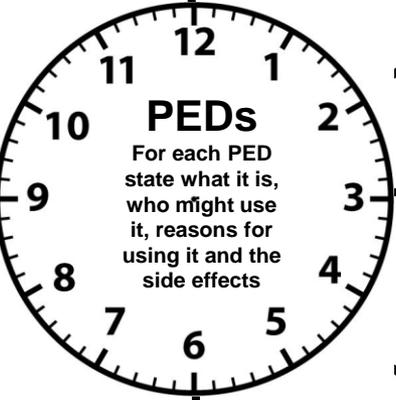
Pros

Cons

Blood Doping

Beta Blockers

Peptide Hormones

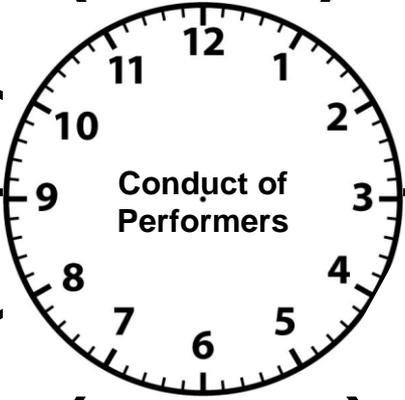


Stimulants

Diuretics

Narcotic Analgesics

Anabolic agents



Describe the term etiquette
Give an example from the sporting activity of cricket

What are the positive impacts of having spectators at sporting events?

Why does hooliganism occur at sporting events?

Describe the term sportsmanship
Give a sporting example from the sporting activity of tennis

Describe the term gamesmanship
Give a sporting example from the sporting activity of tennis

What strategies are employed to combat hooliganism at sporting events?

Describe the term contract to compete
Give a sporting example from the sporting activity of netball

What are the negative impacts of having spectators at sporting events?

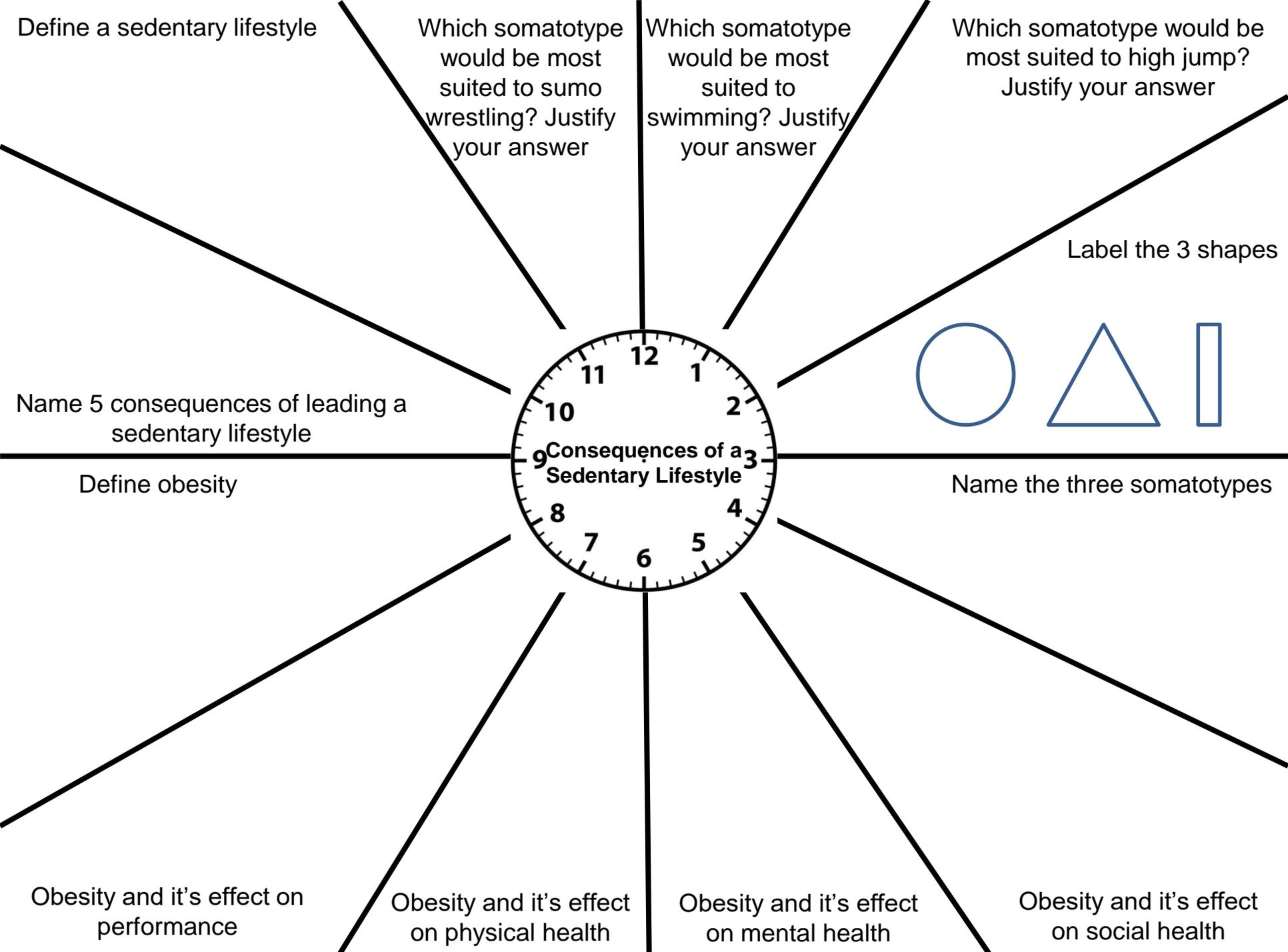
What impact would sports participation have on your physical health ad wellbeing?

What impact would sports participation have on your fitness?



What impact would sports participation have on your mental health and wellbeing?

What impact would sports participation have on your social health and wellbeing?



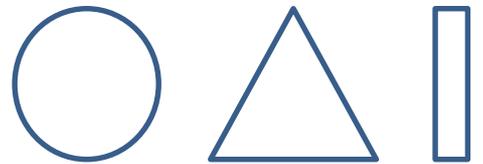
Define a sedentary lifestyle

Which somatotype would be most suited to sumo wrestling? Justify your answer

Which somatotype would be most suited to swimming? Justify your answer

Which somatotype would be most suited to high jump? Justify your answer

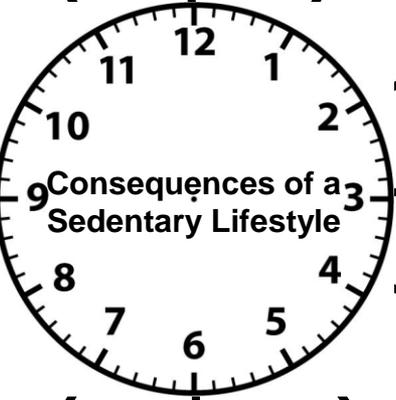
Label the 3 shapes



Name 5 consequences of leading a sedentary lifestyle

Name the three somatotypes

Define obesity

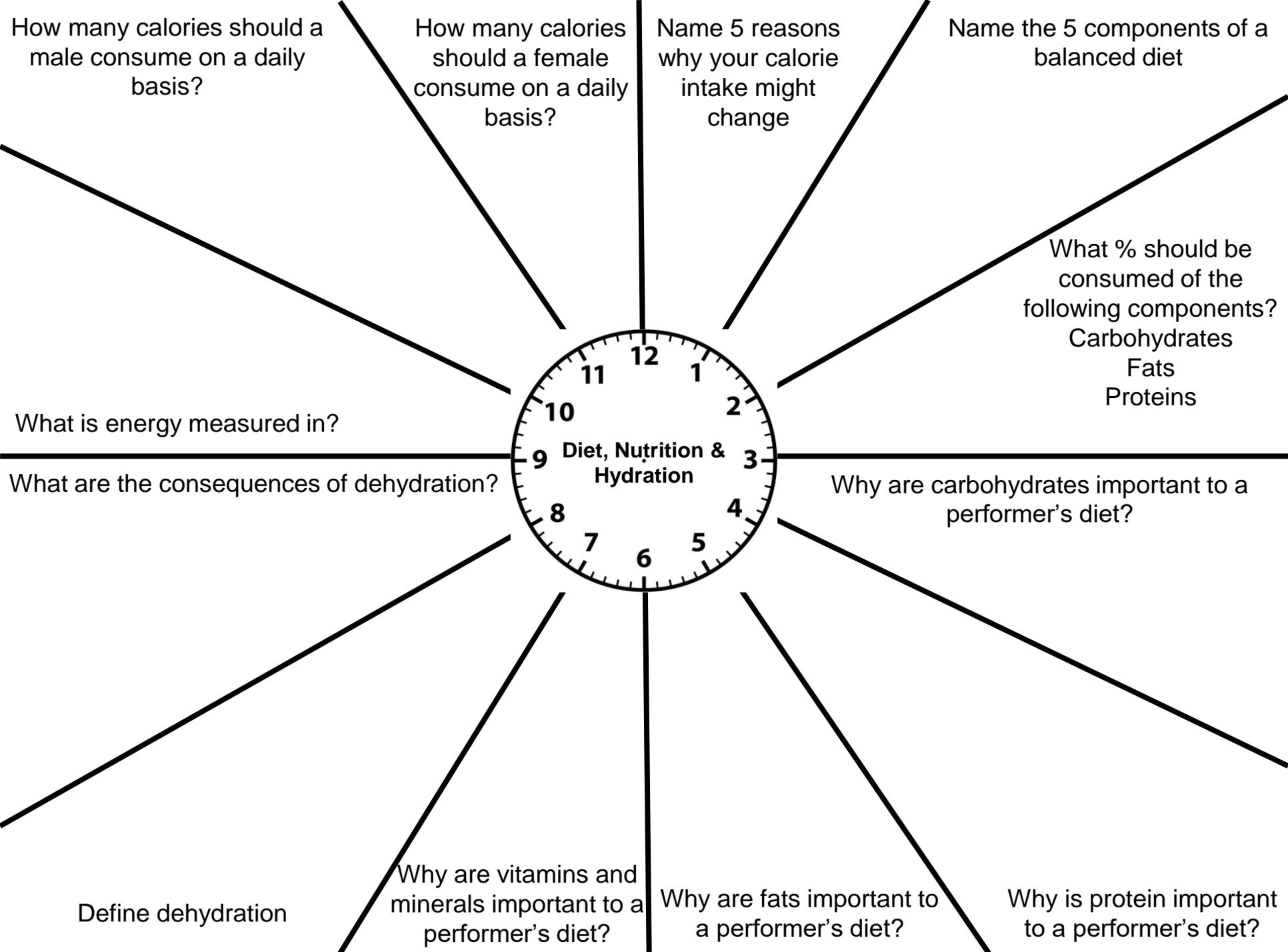


Obesity and its effect on performance

Obesity and its effect on physical health

Obesity and its effect on mental health

Obesity and its effect on social health



How many calories should a male consume on a daily basis?

How many calories should a female consume on a daily basis?

Name 5 reasons why your calorie intake might change

Name the 5 components of a balanced diet

What % should be consumed of the following components?
Carbohydrates
Fats
Proteins

Why are carbohydrates important to a performer's diet?

Why is protein important to a performer's diet?

Why are fats important to a performer's diet?

Why are vitamins and minerals important to a performer's diet?

Define dehydration

What are the consequences of dehydration?

What is energy measured in?