

A01 – Skill Classification / Goals

A01 – Define the following terms

Skill:

Ability:

Outcome-based goal

Performance goal

Can you describe each classification of skill?

Can you classify each sporting example to each of the skills continua below.

1. A rugby conversion
2. A javelin throw
3. Table Tennis serve
4. A backhand volley in tennis
5. The long jump

Basic Skills		Complex Skills
Closed Skills		Open Skills
Self-paced Skills		Externally Paced Skills
Fine Skills		Gross Skills

A01 – Define and explain the following terms

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A01 – Information Processing / Guidance / Feedback

A01 – Draw and label the information processing model

A01 – Describe each stage of the model







A01 – Define and describe the following terms below

Guidance			
Type of Guidance	Description	Suitable for a beginner or elite	Example

A01 – Define and describe the following terms below

Suitable for beginner or elite?

- Positive
- Negative
- Knowledge of performance
- Knowledge of result
- Extrinsic
- Intrinsic

AO1 – Arousal / Stress / Psychological Components

AO1 – Define the following terms

Arousal:

Deep Breathing:

Visualisation:

Self talk:

AO1 – Describe each stress management technique

Stress Management	Description	How to do it

AO1 – Draw and label the inverted U theory of arousal

AO1 – Define and describe the following terms below

Direct Aggression:

Examples:

- 1
- 2

Indirect Aggression:

Examples:

- 1
- 2

AO1 – List sporting examples which require low and high levels of arousal

Low optimal arousal	High optimal arousal

AO1 – Describe the different personality components

Personality Type	Description	Sporting example

Intrinsic Motivation:

Examples:

- 1
- 2

Extrinsic Motivation:

Examples:

- 1
- 2