

## Subject: GCSE PE

### Task 2

Please create some 'flash cards' to help you learn these key words for Sport Psychology.

#### KEY WORDS FOR SPORT PSYCHOLOGY

**Ability**

Inherited, stable traits that determine an individual's potential to learn or acquire a skill.

**Aggression**

A deliberate intent to harm or injure another person, which can be physical or mental (see direct and indirect aggression).

**Arousal**

A physical and mental (physiological and psychological) state of alertness/readiness, varying from deep sleep to intense excitement/alertness.

**Closed skill**

A skill which is not affected by the environment or performers within it. The skill tends to be done the same way each time.

**Externally-paced skill**

The skill that is started because of an external factor. The speed, rate or pace of the skill is controlled by external factors, eg an opponent.

**Extrinsic feedback**

Received from outside of the performer, eg from a coach. See Kinaesthetic feedback for a comparison.

**Extrovert**

Sociable, active, talkative, out-going personality type usually associated with team sports players.

**Feedback**

Information a performer receives about their performance. Feedback can be given during and/or after performance.

**Fine movement (skill classification)**

Small and precise movement, showing high levels of accuracy and coordination. It involves the use of a small group of muscles.

## **Goal setting (SMART goals)**

A method to increase motivation and reduce anxiety. Goals should be SMART:  
specific – specific to the demands of the sport/muscles used/movements used  
measurable – it must be possible to measure whether they have been met  
accepted – they must be accepted by the performer and others involved, eg coach  
realistic – they are actually possible to complete  
time bound – over a set period of time.

## **Goal types (performance goals and outcome goals)**

### **Performance goals**

Personal standards to be achieved.

Performers compare themselves against what they have already done or suggest what they are going to do. There is no comparison with other performers.

### **Outcome goals**

Focus on end result/winning.

## **Gross movement (skill classification)**

Using large muscle groups to perform big, strong, powerful movements.

## **Guidance**

A method to convey information to a performer. Guidance methods:

visual (seeing)

verbal (hearing)

manual (assist movement – physical)

- mechanical (use of objects/aids).

## **Indirect aggression**

Aggression which does not involve physical contact. The aggression is taken out on an object to gain advantage, eg hitting a tennis ball hard during a rally.

## **Information processing**

Making decisions. Gathering data from the display (senses), prioritising the most important stimuli to make a suitable decision.

## **Introvert**

A quiet, passive, reserved, shy personality type, usually associated with individual sports performance.

## **Kinaesthetic feedback**

It's a type of intrinsic feedback, received via receptors in the muscles. Sensations that are felt by the performer, providing information from movement.

## **Mental rehearsal/visualisation/imagery**

Cognitive relaxation techniques involving control of mental thoughts and imagining positive outcomes.

## **Motivation (intrinsic motivation and extrinsic motivation)**

The drive to succeed or the desire (want) to achieve something/to be inspired to do something. This can be:

intrinsic – the drive that comes from within (eg for pride, satisfaction, a sense of accomplishment, self-worth)

or

- extrinsic – the drive to perform well or to win in order to gain external rewards (eg prizes, money, praise).

## **Open skill**

A skill which is performed in a certain way to deal with a changing or unstable environment, eg to outwit an opponent.

## **Positive self-talk**

Developing cognitive positive thoughts about your own performance.

## **Self-paced skill**

The skill is started when the performer decides to start it. The speed, rate or pace of the skill is controlled by the performer.

## **Skill**

A learned action/learned behaviour with the intention of bringing about pre-determined results, with maximum certainty and minimum outlay of time and energy.