

# 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

S

M

A

R

T

# AO1 – Information Processing / Guidance / Feedback

**AO1 – Draw and label the information processing model**

**AO1 – Describe each stage of the model**



**AO1 – Define and describe the following terms below**

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

**AO1 – 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 – Draw and label the inverted U theory of arousal

## AO1 –Describe each stress management technique

Stress Management	Description	How to do it

## 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