

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.