

Sports Psychology



Name.....

How would you define a skilful movement? (1 mark)

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What is the difference between a skill and an ability? (2 marks)

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Aspect of a skill	Description	Sporting example
Perceptual		
Cognitive		
Motor		

Which **one** of the following is a suitable definition of a motor skill?
Put a tick (✓) in the box next to the correct answer.

(A) A learned movement response.

(B) A potential you are born with which produces actions.

(C) A fundamental action in sports performance.

(D) A response linked to mechanical advantage in sport.

[1]

Create a spider diagram of the different characteristics of a skilful performance, and provide an example of each-



What is a continuum? (1 mark)

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Why do we classify skills? (1 mark)

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Difficulty continuum

What is a complex skill?

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What is a simple skill?

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Environmental continuum

What is an open skill?

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What is a closed skill?

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Where on the environmental classification of skills continuum would you place a tennis serve?

Indicate by placing the figure **X** on the continuum below.

(Open) |-----|-----| (Closed)

Is this statement true or false? Draw a circle around your answer. A complex skill in sport involves the processing of a lot of information. [1]

True

False

[1]

Match each word to its description

Complex

Minimal decisions and limited information to be processed

Simple

internally paced

Open

high levels of decision making

Closed

externally paced and predominantly perceptual

Goal setting

S.....

M.....

A.....

R.....

T.....

Remember – There may be five aspects to SMART targets but you need only set on target, just make sure you incorporate each part into it!

Write a SMART target for a 15 year old 100m runner

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Which **one** of the following best shows a SMART goal for a skilled hockey player?
Put a tick (✓) in the box next to the correct answer.

- (a) To agree with the coach that you will win the league and score more goals than the previous season
- (b) To be selected for the GB team ready for a future Olympic Games
- (c) To improve flicking the ball over a distance of 25 metres and writing down the results of practice over a six-week period
- (d) To increase cardiovascular fitness by training harder

[1]

Which one of the following is a good reason for setting goals when participating in physical exercise?

- (a) To increase anxiety levels
 - (b) To move on to other interests
 - (c) To challenge beyond your capabilities
 - (d) To try to work as hard as you can
- [1]**

Which one of the following best explains the difference between a performance goal and an outcome goal?

- (a) A performance goal is concerned with the end result and an outcome goal is concerned with tactics
 - (b) A performance goal is concerned with targets and an outcome goal is concerned with beating an opponent
 - (c) A performance goal is concerned with technique and an outcome goal is concerned with winning
 - (d) A performance goal is concerned with a personal best and an outcome goal is concerned with trying hard
- [1]**

Types of Guidance

Guidance	Explanation and example	Strengths	Weaknesses
Verbal			
Visual			
Mechanical			
Manual			



Explain **one** advantage and **one** disadvantage of using manual guidance when developing a motor skill in sport.

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.....(2 marks)

Give **two** examples of different types of visual guidance when helping to develop skills in sport.

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Types of feedback

What are the six types of feedback ?

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Why is feedback so important? (2 marks)

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Which type of learner would you be likely to use negative feedback and which would better suit positive feedback (2 marks)

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What is the difference between intrinsic and extrinsic feedback? (4 marks)

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What two types of external feedback are there and what are examples of these?

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Which one of the following is an example of intrinsic feedback?

- (a) A coach telling you about the mistakes you have made in a gymnastics sequence
- (b) Looking at the scoreboard and realising that you have won the game in basketball
- (c) Feeling that a golf shot has gone wrong even before you see where the ball has gone
- (d) A lineswoman shouting out during a tennis rally at Wimbledon

Complete the following statements using words from the box below.

Knowledge of _____ is a type of _____, for example knowing that you have _____ the league in football.

Goal setting in tennis can increase exercise _____, increase _____ and optimise _____

won	performance	feedback
motivation	results	adherence

[2]

[1]

Mental preparation

Describe the following words:

Anxiety

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Somatic.....

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Cognitive.....

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What is Mental Preparation?

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Which one of the following is an example of mental preparation for effectively performing physical activities?

- (a) Concentrating on the take-off board when about to perform the long jump
- (b) Stretching all the main muscle groups before a netball game
- (c) Jogging for a short distance before preparing for a sprint race
- (d) Eating a high proportion of carbohydrates before running a marathon

Types of mental preparation	Explanation	Sporting example
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Imagery		
Mental rehearsal / Visualisation		
Selective attention		
Positive thinking		

Which one of the following is an example of effective mental preparation for physical activity?

- (a) Relaxing all the muscles with a thorough warm up
 - (b) Ensuring you maximise your anxiety levels just before competition
 - (c) Stretching all your muscles through yoga activities
 - (d) Thinking calm thoughts before a penalty shot in basketball
- [1]**

Describe **three** effects of mental preparation on the performance of physical activities, giving a practical example for each. (6 marks)

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