



Psychological factors that can influence an individual in physical activities: Aspects of personality				
Content	What you need to know	Confident	Developing	Unsure
Understanding of the nature vs nurture debate in the development of personality	Trait, social learning			
Interactionist perspective	Hollander, Lewin			
How knowledge of interactionist perspective can improve performance				
Psychological factors that can influence an individual in physical activities: Attitudes				
Content	What you need to know	Confident	Developing	Unsure
Triadic model	Components of an attitude Formation of attitudes Changing attitudes through cognitive dissonance and persuasive communication.			
Psychological factors that can influence an individual in physical activities: Arousal				
Content	What you need to know	Confident	Developing	Unsure
Theories of arousal	Drive theory, inverted U theory, catastrophe theory and zone of optimal functioning theory			
Practical applications of theories of arousal and their impact on performance				
Characteristics of peak flow experience				
Psychological factors that can influence an individual in physical activities: Anxiety				
Content	What you need to know	Confident	Developing	Unsure
Types of anxiety	Somatic, cognitive, competitive trait and competitive state			
Advantages and disadvantages of using observations, questionnaires and physiological measures to measure anxiety				
Psychological factors that can influence an individual in physical activities: Aggression				
Content	What you need to know	Confident	Developing	Unsure
Difference between aggression and assertive behaviour				
Theories of aggression	Instinct theory, frustration-aggression hypothesis, social learning theory and aggressive cue theory			
Strategies to control aggression				
Psychological factors that can influence an individual in physical activities: Motivation				
Content	What you need to know	Confident	Developing	Unsure
Motivation	Intrinsic, extrinsic, tangible and intangible			
Psychological factors that can influence an individual in physical activities: Achievement motivation theory				
Content	What you need to know	Confident	Developing	Unsure
Atkinson's Model of achievement motivation				
Characteristics of personality components of achievement motivation	Need to achieve (Nach) and Need to avoid failure (Naf).			
Impact of situational component of achievement motivation	Incentive value and probability of success			
Achievement goal theory	Impact of outcome orientated goals and task orientated goals			

Strategies to develop approach behaviours leading to improvements in performance				
Psychological factors that can influence an individual in physical activities: Social facilitation				
Content	What you need to know	Confident	Developing	Unsure
Social facilitation and inhibition	Zajonc's model			
Evaluation apprehension				
Strategies to eliminate the adverse effects of social facilitation and social inhibition				
Psychological factors that can influence an individual in physical activities: Group Dynamics (team/individual)				
Content	What you need to know	Confident	Developing	Unsure
Group formation	Tuckman's model			
Cohesion	Task and social			
Steiner's model of potential and actual productivity, faulty group processes	Including cooperation and coordination			
Ringelmann effect and social loafing				
Strategies to improve cohesion, group productivity and overcome social loafing to enhance team performance				
Psychological factors that can influence an individual in physical activities: Importance of goal setting				
Content	What you need to know	Confident	Developing	Unsure
Benefits of types of goal setting	Outcome goals, performance related goals, process goals			
Principles of effective goal setting	SMARTER (specific, measurable, achievable, realistic, time bound, evaluate, re-do)			
Psychological factors that can influence an individual in physical activities: Attribution Theory				
Content	What you need to know	Confident	Developing	Unsure
Attribution process				
Weiner's Model and its application to sporting situations				
Link between attribution, task persistence and motivation				
Self-serving bias				
Attribution retraining				
Learned helplessness.	General and specific			
Strategies to avoid learned helplessness leading to improvements in performance				
Psychological factors that can influence an individual in physical activities: Self-efficacy and confidence				
Content	What you need to know	Confident	Developing	Unsure
Characteristics of self-efficacy, self-confidence and self-esteem				
Bandura's Model of self-efficacy	Performance accomplishments, vicarious experiences, verbal persuasion and emotional arousal			
Vealey's Model of self-confidence	Relationship between trait sport confidence, competitive orientation, the sport situation and state sport confidence			
Effects of home field advantage				
Strategies to develop high levels of self-efficacy leading to improvements in performance				
Psychological factors that can influence an individual in physical activities: Leadership				
Content	What you need to know	Confident	Developing	Unsure
Characteristics of effective leaders				
Styles of leadership	Autocratic, democratic, laissez-faire			
Leadership styles for different sporting situations				

Prescribed and emergent leaders				
Theories of leadership in different sporting situations	Fiedler's contingency theory and Chelladurai's multi-dimensional model			
Psychological factors that can influence an individual in physical activities: Stress management				
<i>Content</i>	<i>What you need to know</i>	<i>Confident</i>	<i>Developing</i>	<i>Unsure</i>
Explanation of the terms 'stress' and 'stressor'				
Use of warm up for stress management				
Effects of cognitive and somatic techniques on the performer				
Explanation of cognitive techniques	Mental rehearsal. Visualisation. Imagery. Attentional control and cue utilisation. Thought stopping. Positive self-talk			
Explanation of somatic techniques	Biofeedback, centering, breathing control, progressive muscle relaxation			