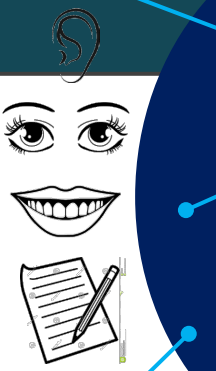


Mr Deane Skill Acquisition
and Sport Psychology
Learning Journey



Exam preparation:
4 skills:



Exam technique

Year 12

Paper 1 and Paper 2

Year 13

Revision



Leadership

Chelladurais model of leadership

Stress

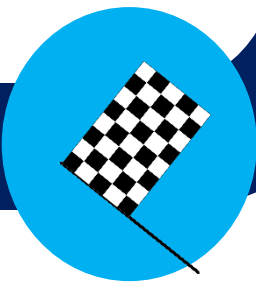
Stress management techniques

Attribution theory

Attribution retraining



Homefield advantage



Vealeys model of confidence

Confidence

NACH & NAF

Achievement motivation



Psychological Refractory Period

Single channel hypothesis

Bandura's model of self efficacy

Self efficacy

Sport Psychology 2

Response time

Information processing

Input/ selective attention

Decision making

Whiting's model

Baddley and Hitch memory model

Long term memory and strategies to improve



Skill Acquisition 2



Schema



YEAR
13

Goal Setting

Group Dynamics

Social facilitation and inhibition

Motivation

Theories of learning – operant conditioning, insight, social and observational



Personality

Attitude

Arousal

Anxiety

Aggression

Sport Psychology 1

Guidance

Stages of learning

Presentation of practice methods – Whole, Progressive Part, Whole Part Whole

Transfer of learning

ACE FACE



Skill Acquisition 1

YEAR
12



Learning plateaus

Feedback

Structure of practice methods – massed, distributed, varied, mental

Skill continuums

Skill classifications