

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

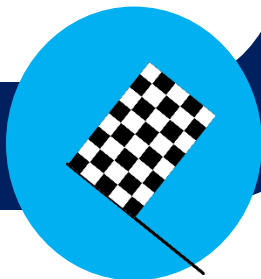
Stress management techniques

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

Response time

Sport Psychology 2

Input/ selective attention

Decision making

Whiting's model

Baddley and Hitch memory model

Long term memory and strategies to improve

Information processing



Schema



Skill Acquisition 2



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