

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

Bandura's model of self efficacy

Self efficacy

Vealeys model of confidence

Confidence

NACH & NAF

Achievement motivation



Psychological Refractory Period

Single channel hypothesis



Response time

Sport Psychology 2

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



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

Guidance

Sport Psychology 1

Stages of learning

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

Transfer of learning

ACE FACE



Skill Acquisition 1

Learning plateaus

Feedback

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

Skill continuums

Skill classifications

YEAR 12

