

# Year 13 Sport Psychology Checklist

Topic	Details			
<b>1. Memory Models</b>	<ol style="list-style-type: none"> <li>I can recall the Multi-Store Memory Model including: <ul style="list-style-type: none"> <li>The short-term sensory store</li> <li>The short-term memory</li> <li>The long-term memory</li> <li>The process of selective attention</li> </ul> </li> <li>I can recall the Levels of processing and model.</li> <li>I can relate both models to practical examples.</li> <li>I can explain and evaluate each memory theory.</li> </ol>			
<b>2. Attribution in Sport</b>	<ol style="list-style-type: none"> <li>I can describe and explain Weiners model of attribution including: <ul style="list-style-type: none"> <li>Dimensions of stability</li> <li>Locus of control</li> <li>Controllability</li> </ul> </li> <li>I understand the term learned helplessness and the barrier it has to sports performance</li> <li>I understand the term mastery orientation and how it optimises performance.</li> <li>I can explain and evaluate how attribution effects individuals and teams' performance.</li> </ol>			

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<p><b>3. Confidence and Self efficacy in sports performance</b></p>	<ol style="list-style-type: none"> <li>1. Define the terms: Sport Confidence:  Self-Efficacy:</li> <li>2. Understand the impact of sports confidence on performance, participation and self-esteem.</li> <li>3. Understand Vealey's model of sports confidence and apply to a practical example.</li> <li>4. Understand Banduras theory of self-efficacy and apply to a practical example</li> </ol>			
<p><b>4. Leadership in Sport</b></p>	<ol style="list-style-type: none"> <li>1. I know the characteristics of effective leaders in sport</li> <li>2. I can describe the difference between a prescribed and an emergent leader.</li> <li>3. I can critically evaluate the Trait, Social learning and Interactionist theories of leadership</li> <li>4. I understand Chelladurais Multi-dimensional model of Leadership and apply practical examples.</li> </ol>			
<p><b>5. Stress Management to optimise performance</b></p>	<ol style="list-style-type: none"> <li>1. I understand the definitions of stress and the causes.</li> <li>2. Know and understand the use of cognitive stress management techniques <ul style="list-style-type: none"> <li>• Positive Thinking</li> <li>• Imagery</li> </ul> </li> </ol>			

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	<ul style="list-style-type: none"><li>• Goal setting</li><li>• Mindfulness</li><li>• Mental Rehearsal</li><li>• Negative thought stopping</li></ul> <p>3. Know and understand the use of somatic stress management techniques</p> <ul style="list-style-type: none"><li>• Progressive Muscular relaxation</li><li>• Biofeedback</li><li>• Breathing control</li><li>• Centring</li></ul>			
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