

Unit: Socio Cultural and Sport Psychology	I can not recall	I can describe	I can explain	Apply with practical examples
Section 3.1 Engagement patterns of different social groups in physical activities and sports				
3.1.a. Understand the current trends in participation in physical activity/sport in the UK.				
3.1.b. Understand how gender, age, diasability and ethnicity impact on participation in				
3.1.c. Can explain the main factors that affect participation in physical activity and sport.				
3.1.d. Understand the reasons people become involved in sport				
3.1.e. Understand how the media can impact participation positively and negatively.				
3.1. f. Know strategies to improve on participation – Public, private and voluntary agencies, DCMS, UKSI and Youth Sports Trust.				
3.1. g. Know methods to encourage people into physical activity.				
Section 3.2 Commercialisation of physical activity and sport				
3.2. a. Understand the key term 'commercialisation'				
3.2. b. Understand the 'golden triangle' and the relationship of media/sponsorship and sport.				
3.2. c. Explain the influence of media on the commercialisation of sport and the positives/negatives effects.				
3.2. d. Explain the influence of sponsorship on the commercialisation				
Section 3.3 Ethical and Socio-cultural issues in physical activity and sport				
3.3 a. Know the definitions of Sportsmanship, gamesmanship and deviance and apply practical examples				
3.3 b. Understand the reasons athletes take drugs in sport				
3.3 c. Know what anabolic steroids, beta blockers and stimulants do to an athlete and the negative side effects of taking these.				
3.3 d. Understand the reasons for violent behaviour in sport				
Section 4.1 Sport Psychology				
4.1 a. Know the definition of motor skills				
4.1 b. Understand the characteristics of skilled performers and apply practical examples				
4.1 c. Understand the classification of skills and the two continua				
4.1.d. Apply practical examples to placement of skills on the Environmental and Difficulty Continuum.				
Section 4.2 Goal Setting				
4.2 a. Understand the three main reasons behind goal setting and apply practical examples				
4.2 b. Understand the SMART principle of goal setting and apply to practical examples				
4.2 c. To know reasons why some people do not attain goals and how to set goals effectively.				
Section 4.3 Mental Preparation				
4.3 a. Understand the key terms: Anxiety, Cognitive and Somatic anxiety techniques				
4.3 b. To understand the four different types of stress management techniques. Imagery, Mental Rehearsal, Selective Attention and Positive Thinking.				
4.3 c. Apply clear practical examples to mental preparation techniques.				
Section 4.4 Guidance				
4.4 a. Understand the different types of guidance. Visual, Verbal, Manual and Mechanical and apply practical examples				
4.4 b. Apply advantages and disadvantages to the different types of guidance				
4.4 c. To understand the importance of feedback and what it does for a performer				
4.4 d. To know the different forms of feedback and apply practical examples				
Section 5.1 Health, Fitness and Well Being				
5.1 a. Know the meaning of Health, Fitness and Wellbeing				
5.1 b. Understand the different health benefits of physical activity (including physical, emotional and social aspects) and the consequences of a sedentary lifestyle.				
Section 5.2 Diet and Nutrition				
5.2 a. Understand the term Balanced diet				
5.2 b. Know the different components of a balanced diet and the effect each one has on energy use in physical activity.				
5.2 c. Apply practical examples from physical activity to diet and nutrition.				