



<b>Sports Psychology</b>	<b>R</b>	<b>A</b>	<b>G</b>
Define Skills, Abilities and Traits			
Classify skills on 4 different skills continuums			
Give sporting examples for each continuum			
Explain the use of goal setting (performance and outcome goals)			
Explain the principles of SMART goals and apply these to improve performance			
Describe and Draw the Basic Information Processing Model			
Describe the 4 types of guidance, giving advantages and disadvantages for each			
Describe the 6 types of feedback			
Explain and give examples of the Inverted U Theory			
Explain how optimal arousal differs for different sports performers			
Know the 4 arousal control techniques			
Understand the two personality types and the impact on sports performance			
Define and evaluate intrinsic and extrinsic motivation			

<b>Health, fitness and well-being</b>	<b>R</b>	<b>A</b>	<b>G</b>
State what health, fitness and well-being are			
Explain the different health benefits of physical activity on your physical, emotional and social health			
Explain the consequences of a sedentary lifestyle (somatotypes, obesity, BMI)			

<b>Diet and nutrition</b>	<b>R</b>	<b>A</b>	<b>G</b>
Define a balanced diet			
State the % of fat, protein and carbohydrates expected in a balanced diet			
Explain the role of fats, proteins and carbohydrates in a balanced diet			
Explain the roles of vitamins and minerals in a balanced diet			
Explain the effect of diet and hydration on energy use in sport			
Explain the importance of hydration in a balanced diet and the consequences of an imbalanced diet			



<b>Engagement patterns of different social groups in physical activity and sport</b>	R	A	G
Explain barriers to participation for different social groups			

<b>Commercialisation of Sport</b>	R	A	G
Define commercialisation in relation to sport, sponsorship and the media			
State different types of sponsorship and media			
Explain positive and negative effects of sponsorship and media in relation to the performer, the sponsor, the sport, the officials and spectators			
State different examples of the use of technology in sport			
Explain positive and negative effects of the use of technology in relation to the performer, the sponsor, the sport, the officials and spectators			

<b>Ethical and socio-cultural issues in physical activity and sport</b>	R	A	G
Define etiquette, gamesmanship, sportsmanship and contract to compete			
Explain the positives and negatives of different prohibited substances and methods that sports performers use and which sports performers are likely to use each type			
Explain the positive and negative impacts of taking PEDS on the sport, the performer and sponsors			
Explain the positive and negative impacts of having spectators at sports events			
State the reasons why hooliganism occurs			
Explain strategies used to combat hooliganism			