Paper 2	☺ I am confident…	😐 I need some help…	☹ I am really stuck	End of unit test results
Classification of Skills				
Definitions of skill and ability				
Classification of skill **basic/complex, open/closed self-paced/externally paced, gross/fine**				
Definitions of goals – **Performance goals and outcome goals**				
SMART targets – Specific, measurable, accepted, realistic, time bound				
Basic information processing model – **input, decision making, output, feedback**				
Guidance and feedback on performance				
Types of feedback - **Visual, verbal, manual and mechanical**				
Effects of feedback				
Positive and negative feedback				
Knowledge of results and **knowledge of performance**				
Extrinsic and **intrinsic feedback**				
Mental preparation for performance				
Definition of **Arousal**				
Understanding of the **inverted-U Theory**				
Link **arousal (high and low)** to sporting actions (gross and fine skills)				
Techniques to control arousal – **Deep breathing, mental rehearsal, positive self talk.**				
Understand **direct** and **indirect aggression**				
Characteristics of an **introvert –** shy/quiet, thoughtful, enjoy being on their own – play individual sports				
Characteristics of an **extrovert –** Sociable, enthusiastic/talkative, prone to boredom – Play team sports				
Definition of **intrinsic** and **extrinsic** motivation				

Paper 2	☺ I am confident…	😐 I need some help…	☹ I am really stuck	End of unit test results
Different social groups and how it effects participation in sport				
5 main **social** groups – gender, ethnicity, age, family/friends, disability				
Commercialisation of physical activity and sport				
Definition of **commercialisation**				
Different types of sponsorship – **Financial, clothing/equipment, facilities**				
Types of media – **Television, radio, press, internet, social media**				
Positive and **negative** impact of sponsorship and the media – impact on the performer, sport, official, audience/spectator and sponsor				
Positive and **negative** impacts of technology - impact on the performer, sport, official, audience/spectator and sponsor				
Definition of the following – **etiquette, sportsmanship, gamesmanship and contract to compete**				
Prohibited substances – Stimulants, narcotics, anabolic agents, peptide hormones, diuretics				
Prohibited methods – **Blood Doping**				
Drugs that are subject to certain restrictions – **Beta Blockers**				
Which types of performer may use different types of performance enhancing drugs (PEDs) and the advantages and disadvantages				
Positive and negative effects of **spectator behaviour**				
Reasons for **hooliganism –** Rivalries, hype, alcohol/drugs, gang culture, frustration, display of masculinity				
Strategies to combat **hooliganism –** Early kick offs, all-seater stadiums, security etc				
Health, fitness and Well-being				
Understand the difference between – **physical, mental, social health and well-being**				

Definition of **sedentary lifestyle** and the possible consequences				
Definition of **obesity**				
Different **somatotypes –** Endomorph, mesomorph, ectomorph				
Energy use, diet, nutrition and hydration				
Understand how energy is used and measured in **calories**				
The reasons for having a **balanced diet**				
The role of the different **nutrient**s – carbohydrates, fat, protein and vitamins and minerals				
Definition of **dehydration** and what it can cause				