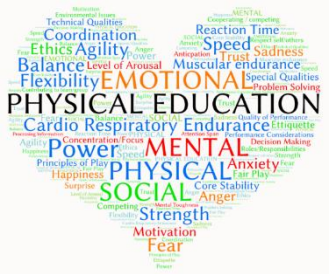
Paper 2 – Sports psychology & Health & well-being



- **Monday 1st June (am)**
- **60 mins, 60-mark paper**

Sports Psychology

- **Skill** – characteristics of skill, classification (& examples) of open/closed & simple/complex skills.
- **Goal setting** – understand the benefit of goal setting and applying the SMART principle.
- **Mental preparation** – applying examples of imagery, positive thinking, selective attention, mental rehearsal.
- **Guidance & Feedback** – examples, advantages & disadvantages of visual, verbal, manual & mechanical; examples & uses of different types of feedback.

Socio-cultural factors

- **Commercialisation of sport** – golden triangle, positive & negative impact of media and sponsorship.
- **Participation** – trends, factors & strategies regarding engagement in sport.

Ethical issues in physical activity & sport

- **Sportsmanship & gamesmanship** – understand and apply examples of value of sportsmanship and reasons for gamesmanship & deviance.
- **Drugs in sport** – reasons why performers take drugs, types & effects of drugs on performance, impact of drugs on performers and sport itself.
- **Violence in sport** – understand & apply examples of violence in sport.

Health, fitness & well-being

- **Health** – definitions of health & fitness; physical, emotional & social benefits of exercise; physical, emotional & social consequences of inactivity.

- **Diet & Nutrition & Sports Diets** – nutrients and good food sources of each; importance of hydration; components of a balanced diet, athletes diet plans.