

## Socio-cultural influences and well-being in physical activity and sport

Topic	Date completed	Fully understand	Some understanding	No understanding
Skill and ability (definitions of skill and ability)				
Classifications of skills (basic/complex, open/closed, self-paced/externally paced, gross/fine)				
Definitions of types of goals (performance/outcome)				
The use and evaluation of setting performance and outcome goals				
The use of SMART targets to improve performance				
Basic information processing model				
<b>Identify examples of the effectiveness of types of guidance (visual/verbal/mechanical/manual)</b>				
Identify examples of the effectiveness of types of feedback (positive/negative, knowledge of results/knowledge of performance, extrinsic/intrinsic)				
Arousal (definition)				
Inverted-U theory (shape and understanding the axis)				
How optimal arousal levels vary according to the skill being performed in a sport (arousal levels linking to sport link skills in sports to appropriate arousal)				
How arousal can be controlled using stress management before or during a sporting performance (deep breathing/mental rehearsal/positive self-talk)				
Understand the difference between direct and indirect aggression (definitions and give examples)				
Understand the characteristics of introvert and extrovert personality types (Introvert/individual sports, extrovert/team sports)				
Definition of intrinsic and extrinsic motivation (Intrinsic/ pride/ self-assessment, extrinsic/medals/praise)				
Evaluation of intrinsic and extrinsic motivation in sport				

Engagement patterns of different social groups and factors that affect participation				
Commercialisation (definition, relationship between sport, sponsorship and media)				
Types of sponsorship and the media (definitions)				
<b>Positive and negative impacts of sponsorship and the media</b>				
<b>Positive and negative impacts of technology</b>				
Conduct of performers (etiquette/sportsmanship/gamesmanship)				
Prohibited substances				
Blood doping (how/why/effects)				
Drugs that have certain restrictions (beta blockers/effects/side effects)				
Which type of performers may use different types of performance enhancing drugs (PEDs)				
Advantages and disadvantages for the performer taking PEDs				
The disadvantages to the sport/event of performers taking PEDs				
Reasons why hooliganism occurs				
<b>Strategies employed to combat hooliganism</b>				
Link participation in physical activity/exercise and sport to health and well-being/fitness and how exercise can suit the needs of different people (physical, mental, social, fitness)				
Consequences of a sedentary lifestyle				
Obesity and how it affects performance in sport and physical activity				
<b>Somatotypes</b>				
Energy use				
Nutrition (reasons for having a balanced diet)				
Nutrition (role of carbohydrates, fat, protein and vitamins/minerals)				

Define and explain the importance of hydration				
Calculating intensities to optimise training effectively (calculating HR and training zones)				