

Course Outline/Learning Journey: A Level Sports Psychology Paper 2 Year 12

Rationale– Sports Psychology Paper 2 follows a chronological order but, in each case, Skill Acquisition topics are looked at first as these are a development of topics covered at GCSE. The Psychology topics then follow looking at Individual differences. The development of exam technique will be delivered progressing to the synoptic questions. Retrieval work/consolidation of topics covered in Yr 12 will be revisited in the introduction of the EAPI (NEA) work 15% final grade.

	CONTENT	KEY/FUNDAMENTAL CONCEPTS	ASSESSMENT
Autumn Term	<ul style="list-style-type: none"> • Classification of Skill • Information Processing/ Memory Models • Theories of Learning 	<ul style="list-style-type: none"> • 6 continuums – linked to skills • Atkin & Shiffrin Model (input, selective attention, STM, LTM) characteristics and functions – Application to a sporting situation versus Craik & Lockhart’s model Maintenance rehearsal, Elaborative rehearsal • Reinforcement/ punishment, Operant Conditioning, Thorndike Laws (3 laws), Cognitive Learning, Banduras (4 components) 	<ul style="list-style-type: none"> • End of unit past exam questions planned by SN/CB AO1/AO2 questions • October Learning Cycle – All topics 45min 45-mark paper
	Half-term		
	<ul style="list-style-type: none"> • Transfer of Skills • Stages of Learning • Types & methods of practice 	<ul style="list-style-type: none"> • Positive, negative, proactive, retroactive, bilateral, ways of optimising the effect of positive transfer and limiting negative transfer – Application to skills/sports • Cognitive, Associative & Autonomous – characteristics of each 	<ul style="list-style-type: none"> • Mini test using past exam questions on all topics
Christmas Holiday			
Spring Term	<ul style="list-style-type: none"> • Prep for Jan assessment • Guidance • Feedback • Motivation 	<ul style="list-style-type: none"> • Revision methods – mind maps past exam questions • Verbal, Visual, Manual, Mechanical (advantages & disadvantages) • Intrinsic, extrinsic, positive, negative, knowledge of result, knowledge of performance (advantages & disadvantages) 	<ul style="list-style-type: none"> • January Learning Cycle - 45 min 45-mark paper
	Half-term		
	<ul style="list-style-type: none"> • Individual Differences <ul style="list-style-type: none"> • Personality • Attitudes • Motivation • Arousal • Anxiety • Aggression • Social Facilitation/ Inhibition 	<ul style="list-style-type: none"> • Trait theory (Eysenck & Girdano’s Type A Type B Theories), Social Learning Theory, Interactionist Theory • Definition of Attitudes, factors that affect attitudes, Triadic Model, Persuasive Communication, Cognitive Dissonance • Extrinsic, Intrinsic motivation uses and effects • Drive Theory, Inverted U Theory, Catastrophe Theory - critically evaluate & link to performance 	<ul style="list-style-type: none"> • Mini test using past exam questions on all topics

		<ul style="list-style-type: none"> • State & Trait anxiety, Zone of Optimal functioning • Aggression – Instinct theory, Social Learning Theory – Frustration Aggressive Hypothesis, Aggressive Cue Hypothesis – Methods to Eliminate Aggressive Tendencies • Social Facilitation/Social Inhibition linked to personality and stage of learning of the performer, and on the type of skill 	
Easter Holiday			
Summer Term	<ul style="list-style-type: none"> • Yr 12 Mock Preparation/revision • Group & Team Dynamics • Goal Setting 	<ul style="list-style-type: none"> • How to answer a 10 mark question – focus on structure AO1, AO2, AO3 • Definition of group, formation of groups, Steiner’s Model (Actual productivity, Potential productivity, Faulty Processes) Ringlemann effect & Social Loafing (causes and strategies) • Goal setting in sports performance: The importance and effectiveness of goal setting, the SMART principle 	<ul style="list-style-type: none"> • 10 marker questions • Summer mock exam 45 min 45 marker question
	Half-term		
	<ul style="list-style-type: none"> • Suspend Paper 2 to work specifically on the EAPI 	<ul style="list-style-type: none"> • Strengths and weaknesses – skills, tactics, fitness • Effects on the performance • Link to theory from all 3 areas of the course 	<ul style="list-style-type: none"> • Mock EAPI with a partner

	CONTENT	KEY/FUNDAMENTAL CONCEPTS	ASSESSMENT
Autumn Term	<ul style="list-style-type: none"> • Attribution • Confidence & Self Efficacy 	<ul style="list-style-type: none"> • Weiner's model (stability, locus of control) controllability, mastery orientation, learned helplessness • Sports confidence, self-efficacy, Vealey's model of self-confidence versus Banduras model of self-efficacy. 	<ul style="list-style-type: none"> • Past exam questions designed by SN/CB
	Half-term		
	<ul style="list-style-type: none"> • Yr 13 mock preparation/ Revision • Leadership 	<ul style="list-style-type: none"> • Characteristics of effective leaders, Selection of leaders (emergent, prescribed), Leadership styles (autocratic, democratic, Laissez-faire), Theories of Leadership (trait, social, interactionist), Chelladurai's multi-dimensional model of sports leadership 	<ul style="list-style-type: none"> • 10 marker questions • 25min 25-mark mini exams all containing a 10 marker
Christmas Holiday			
Spring Term	<ul style="list-style-type: none"> • Stress Management to optimise performance 	<ul style="list-style-type: none"> • Stress management to optimise performance: definitions and causes of stress, Use of cognitive stress management techniques, Use of somatic stress management techniques. 	<ul style="list-style-type: none"> • Practice exam questions
	Half-term		
	<ul style="list-style-type: none"> • Application of content to EAPI 	<ul style="list-style-type: none"> • Recap of all theory and apply to strengths and weaknesses in skills, tactics and fitness components 	<ul style="list-style-type: none"> • Mock EAPI
Easter Holiday			
Summer Term	Revision & reviewing all learning in prep for final exam.	<ul style="list-style-type: none"> • Mind maps, flash cards 	25min 25-mark mini exams all containing a 10 marker on all content produced by SN/CB