



# LEARNING JOURNEY

## A Level PE

### Sports Psychology

Topic 2.2

WE ARE HERE

Attitudes

Arousal  
Theories

Anxiety

Trial Exam

Trial Exam  
Feedback

This half-term you will further develop your knowledge around sports psychology. Initially, you will be looking into how attitudes are formed and the components of the 'triadic model'.

You will also critically evaluate the different arousal theories and look at how to optimise performance levels. Different types of anxiety will also be investigated as well as the different responses to anxiety.

Additionally, the review of the assessment at the end of the half-term will take students through a metacognitive cycle. This will allow for directed reflection time and the opportunity to address any misconceptions with the previous content covered.

#### VOCABULARY

Anxiety,  
Cognitive,  
Somatic, Arousal,  
Dominant  
response,  
Optimum,  
Extrinsic, State  
anxiety, Trait  
anxiety,  
Individualised,  
Triadic

#### TUDOR HABITS AND VALUES

##### Positive self-regulation:

Can a performer remain at optimal arousal, to ensure performance levels stay high. What can a coach do to prevent a performer becoming overly aroused?

##### Courageous and Gritty:

Looking at the different components of attitudes that young people might have toward sport and health –cognitive, affective and behavioural.