

GCSE Revision Checklist: Unit 2 Socio-Cultural Influences and Sports Psychology

(Miss Young's Unit)

Topic Area	Covered
<p>Socio-Cultural Influences; Participation</p> <ul style="list-style-type: none"> - Engagement Patterns of different groups and populations. - Influences and barriers to participation in sport. 	
<p>Socio-Cultural Influences; Commercialisation</p> <ul style="list-style-type: none"> - Golden Triangle - Types of Media - Types of Sponsorship - Benefits of sponsorship/media to performers, sports, officials and audience. - Negatives of sponsorship/media to performers, sports, officials and audience. 	
<p>Socio-Cultural Influences; Ethical Issues in Sport</p> <ul style="list-style-type: none"> - Sportsmanship, gamesmanship, violence and deviance. - Positives of sportsmanship. Why people use gamesmanship, violence and deviance. - Performance enhancing drugs (Stimulants, Anabolic Steroids and Beta Blockers). 	
<p>Sport Psychology; Skills</p> <ul style="list-style-type: none"> - Motor skill definition. - Characteristics of skill; PFACE (Pre-determined, fluent, aesthetic, co-ordinated and efficient). - Skill Classification; Environmental (Open v Closed) and Difficulty Continua (Simple v Complex). 	
<p>Sport Psychology; Target Setting</p> <ul style="list-style-type: none"> - Definition of SMART targets. - Examples for each part of a SMART target. - 3 Reasons we use SMART targets in sport or physical activity. 	
<p>Sport Psychology; Mental Preparation</p> <ul style="list-style-type: none"> - Stress management strategies; Imagery, Selective Attention, Positive Thinking, Mental Rehearsal. - Benefits of stress management techniques, who and when would use them. 	

Sport Psychology; Guidance & Feedback

- 4 Types of Guidance (Visual, Verbal, Mechanical, Manual). Remember it as **VMVM**.
- Advantages of each type of guidance.
- Disadvantages of each type of guidance.
- Examples of specific performers that would use each type of guidance.
- 6 Types of Feedback (Knowledge of Results, Knowledge of Performance, Positive, Negative, Intrinsic, Extrinsic). Remember it as **RIPPEN**.
- Advantages of each type of feedback.
- Disadvantages of each type of feedback.
- Examples of specific performers that would use each type of feedback.

Health, Fitness and Well-Being; Health & Fitness

- Definitions of health, fitness and well-being.
- Physical benefits of participating in exercise and sport.
- Mental/emotional benefits of participating in exercise and sport.
- Social benefits of participating in exercise and sport.
- Definition of sedentary lifestyles and why they happen.

Health, Fitness and Well-Being; Diet

- Definition of a balanced diet.
- Ratios of a balanced diet (15-20 Protein, 25-30 Fat, 55-60 Carbs)
- 3 Macronutrients; Carbohydrates, fats and proteins. What is their function in the body? What foods can we get them from? What happens if we don't have enough of them? How do the percentages change between normal person and athlete?
- Vitamins and Minerals; Vitamin A, C, D, calcium and iron. What is their function in the body? What foods can we get them from? What happens if we don't have enough of them?
- Hydration; What happens if we are not hydrated enough?
- Application of diet strategies; Carbohydrate loading.