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##### Question/Answer Booklet

Name:

Year 11 General PHYSICAL EDUCATION STUDIES

**Total: 35 Marks Task: Sports Psychology**

Due Date: Wk 4 - Term 4

Research and answer the following questions in details.

**Question 1:**

Explain how teambuilding and the concepts that affect it, has an impact on performance. You should use different sporting experiences to highlight the concepts of teambuilding. Your explanation may use a variety of examples to highlight how performance is affected. (15)

**Question 2:**

Discuss the concept of Social Loafing, the process of Socialisation and Attitude toward Physical activity influence sporting performance at an u18 Club level. (10)

**Question 3:**

Discuss the 5 main categories of ‘Imagery” and give a sporting example of each category. (10)

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##### Question/Answer Booklet

Name: MEMO

PHYSICAL EDUCATION STUDIES

**PES11Gen 30 Marks Task: Sports Psychology**

Due Date: 7 November 2016

Complete the following discussion points. You may use your research notes for this task.

1. Explain how teambuilding and the concepts that affect it, has an impact on performance. You should use different sporting experiences to highlight the concepts of teambuilding. Your explanation may use a variety of examples to highlight how performance is affected. (15)

There are 5 teambuilding skills:

Communication Skills: verbal and non-verbal communication skills in a variety of sporting situations within a sport need to be practiced/repeated with successful outcomes will build trust and respect which will enhance a bond and camaraderie e.g. Rugby lineout calls are complex and when the outcome is achieved it is because execution was perfect from each player.

Assertion Skills: Skills that allow you to stand up for yourself (express an opinion) and or teammates to affect a more positive outcome for the team. E.g. changing tactics in almost any sport and getting your team to believe it’s the correct call. Captain’s decision to go for points in rugby Union or league.

Relationship Skills: Ensuring teammates feel valued and appreciated for their efforts e.g. inspirational messages, encouragement, listening to concerns, etc. Ensuring teammates can be heard and respected for opinions. How you deal with success and failure together. E.g. accepting a loss or a mistake in Hockey/soccer by the goal keeper or defender. Make sure you listen to players who are not social friends.

Working with others skills: Being able to work with others impacts on successful group outcomes. E.g. make sure you include all players in matches or drills at practice. Don’t favour passing to some and not others. Players must sacrifice self for others in setup, practice and matches.

Problem solving and negotiation skills: Being fair and consistent in how you manage conflict is very important in maintaining trust and group cohesiveness. Acceptance of decisions that don’t go your way is equally important in resolving conflict. E.g. a tactical disagreement. Taking responsibility for an error. Getting players to accept and agree is a very important skill.

1. Discuss the concept of Social Loafing, the process of Socialisation and Attitude toward Physical activity influence sporting performance at an u18 Club level. (10)

Social loafing is the concept of players reducing effort due to their belief that they can hide within the group. There are a variety of causes for individuals or groups to succumb to social loafing. 3

At an u18 club level there are many outside influences which can contribute to the potential for social loafing therefore the process of socialization becomes important in minimising the negative influences social loafing can have. The clubs code of conduct should guide u18 on how to behave and what is expected of you as a club member. Usually a code of conduct has foundations in a set of values and beliefs pertaining to the club. 3

The players attitude toward the code of conduct and why they belong to and play the sport will determine how well they adhere to expectations and will determine the rate of positive socialization or rate social loafing 4.

1. Discuss the 5 main categories of Imagery and give a sporting example of each category. (10)

Imagery is the process of experiencing (in the mind) by way of using all your senses an outcome.

Motivational specific: receiving a medal or trophy

Motivational general mastery: seeing yourself overcoming/mastering a difficult task or situation.

Motivational general arousal: Increasing or decreasing arousal levels will motivate to perform well in specific situations e.g. putting (low arousal) or scrumming (higher arousal) in both, imagery of how to perform will generate appropriate arousal levels.

Cognitive specific: technical visions of correctness of skill.

Cognitive general: game plan and strategy/tactical imagery to ensure successful outcomes. E.g. defensive running lines, body positions etc.