**Year 11 ATAR PES Study Guide – Sport Psychology**

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| **TOPIC/ SUBHEADING** | **pgs.** | **Studied** | **Questions?** |
| INTRODUCTION TO MENTAL SKILLS   * Optimal Performance * PST – Three Phases: |  |  |  |
| **MENTAL SKILLS** 1. MOTIVATION   * Intrinsic & Extrinsic * Improving Motivation * Influence of activity, age and skill   2. SELF - CONFIDENCE   * Definition of Self-Efficacy * Bandura’s Model of Self-Efficacy * Strategies to improve self-confidence   3. CONCENTRATION, ATTENTION & NIDEFFER’S MODEL   * Concentration: Selective, Shiftable, Maintaining Attention, Situation awareness * Nideffer’s model of attention * Internal and external distractors * Influence of activity, age and skill * Improving concentration   4. AROUSAL   * Inverted “U” Hypothesis * Characteristics of high and low arousal * State and trait anxiety * Arousal Regulation * Influence of activity, age and skill   5. STRESS MANAGEMENT   * Eustress & Distress * Situational Sources & Personal Sources * Physiological & Psychological Responses * Stress Management Techniques |  |  |  |
| **Mental Strategies** 1. IMAGERY   * Effective Imagery * Types of Imagery   2. RELAXATION   * Methods of Promoting Relaxation   3. PERFORMANCE ROUTINES   * Pre, During & Post-Performance Routines   4. SELF TALK   * Positive & Negative Self-Talk * Benefits to Performance   5. GOAL SETTING   * Outcome, Performance & Process Goals * Short Term & Long Term Goals * Effective Goal Setting * SCCAMP & SMARTER |  |  |  |