TEL PE Revision

Revision Series 2022

OCR A-Level Physical Education

Sport Psychology

• Notes pages •

The EverLearner

Welcome to the 2022 Revision Series for OCR A-Level Physical Education! We hope you find it useful. Before we start, please make sure you have all of the documents below, as they will be great help for your revision:

- Notes pages
- Practice questions
- Mark schemes
- Model answers
- Infographics
- Revision timetable

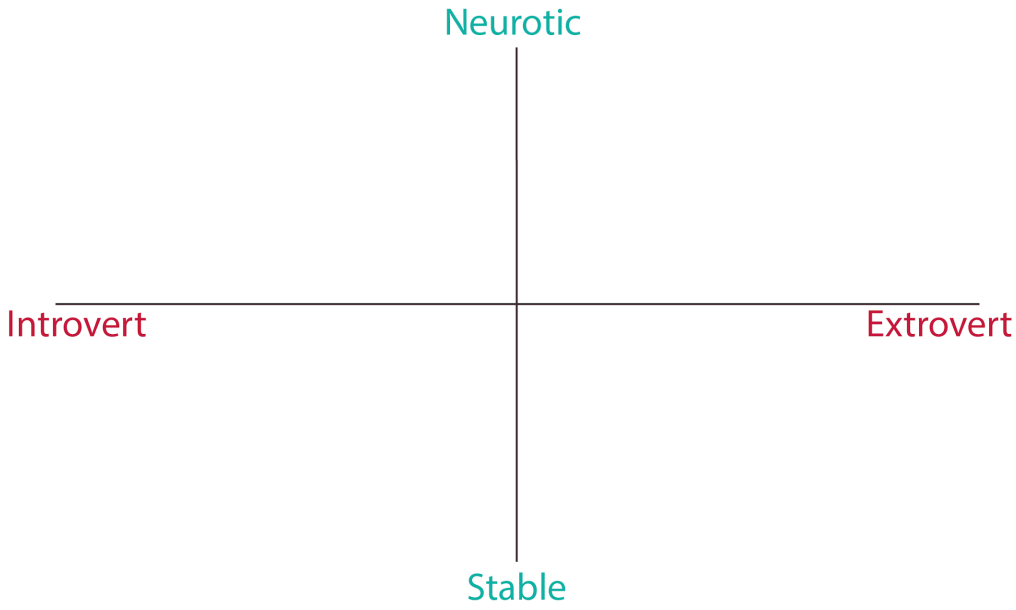
You will find all these documents on our OCR A-Level PE Revision page (https://pages.theeverlearner.com/2022-ocr-a-level-pe-revision).

Personality

- What makes a person unique
- Characteristics/traits that influence behaviour
- Characteristics that produce consistent patterns of behaviour

Notes

Eysenck and Cattell



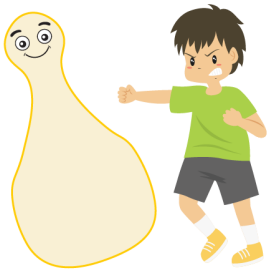
Notes

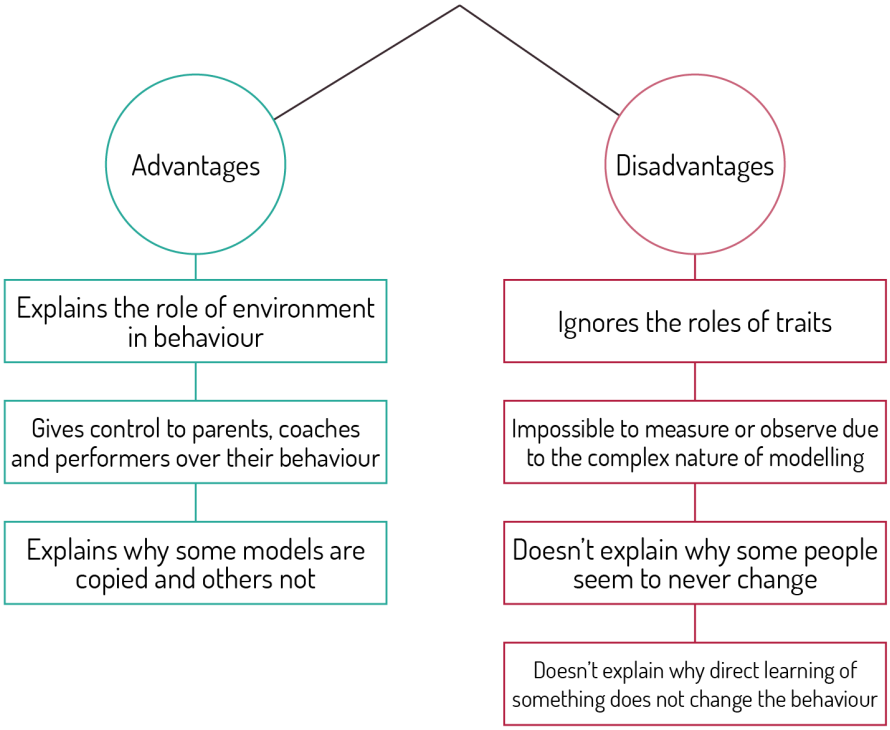
Narrow band approach	
Type A	Type B
Impatience	Relaxed/patient
Intolerance	Tolerant
High levels of stress	Low personal stress

Notes

Social learning theory

- Bandura
- Personality is the sum of an individual's experience
- Behaviours learned through modelling
- Learning from significant others
- Leadership, aggression, etc. are learned
- B=fE





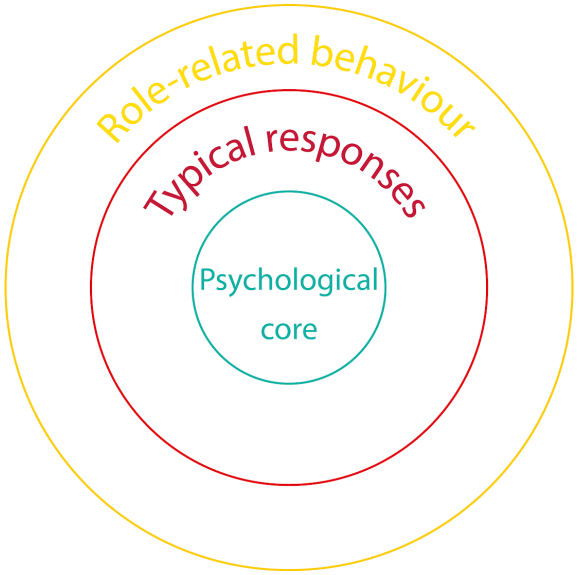
Notes

Interactionist Approach

$$B = f(P \times E)$$

Notes

Notes



Motivation

Intrinsic motivation

- Internal drive to participate
- Wanting to take part for enjoyment/fun
- Internal mechanisms which arouse and direct behaviour

Extrinsic motivation

- External drive to participate
- Taking part for rewards/money/recognition

Notes

Intrinsic motivation

Uses	Effects
• Make learning and movement experiences enjoyable • Explain (cognitive) the value of what is being done • Be cautious to overly reward/incentivise behaviour as this will encourage a lack of intrinsic value • Recognise and reinforce intrinsic motivation including fun	• Perseverance • Persistence • Positive attitude • Positive effect on others • Lifetime participation

Notes

Extrinsic motivation

Uses	Effects
• Goal setting with rewards • Badges, points, trophies	• Increases drive towards a goal • Increases confidence once achieved • Provides status • Often overused • If overused, can diminish intrinsic motivation

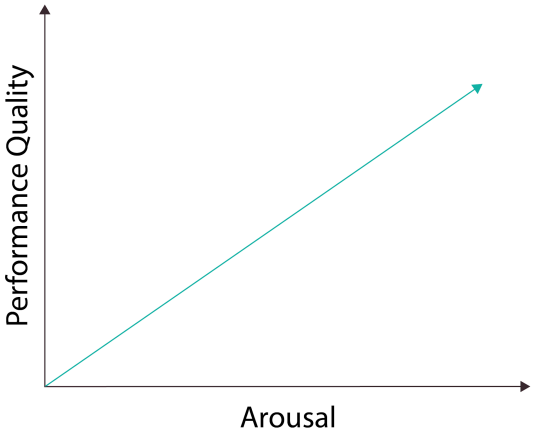
Notes

Arousal

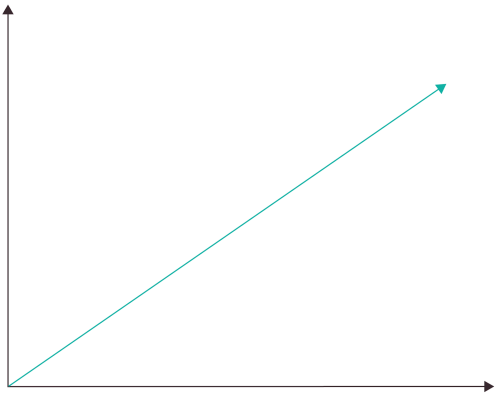
- Level of activation or alertness of a performance
- The intensity of motivation

Notes

Hull's Drive Theory

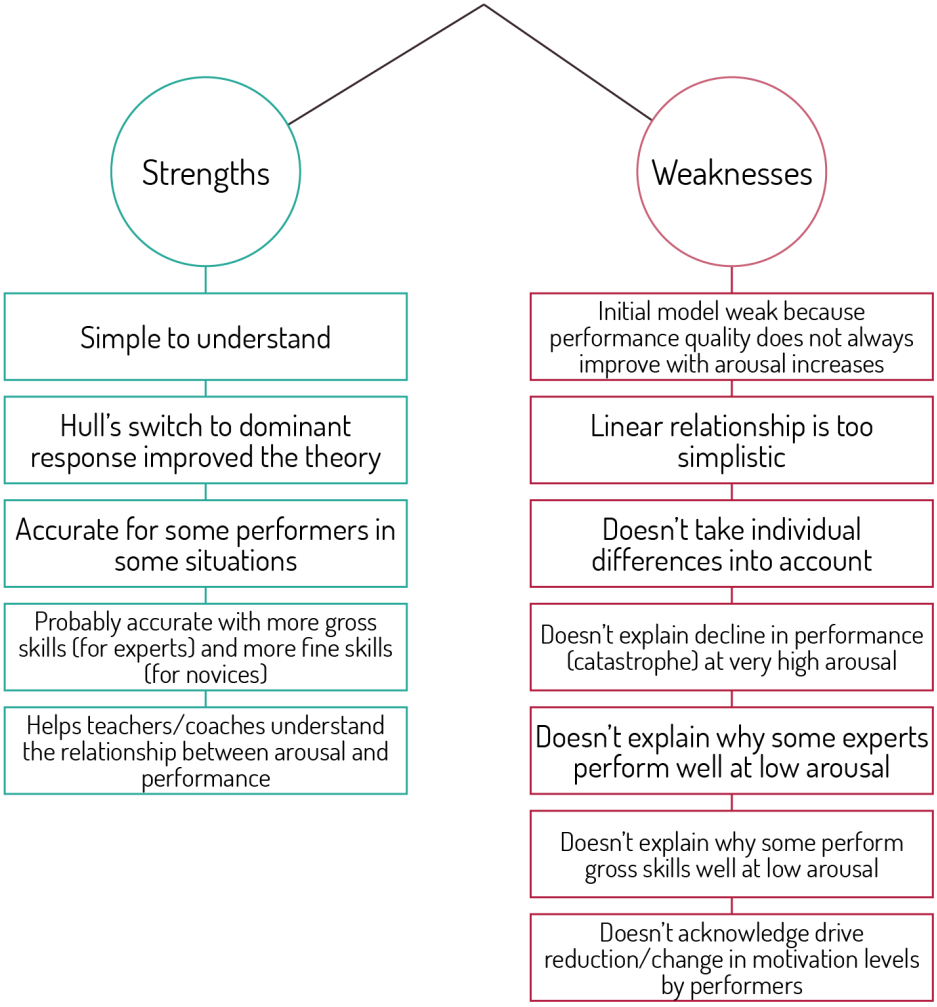


Hull's Drive Theory



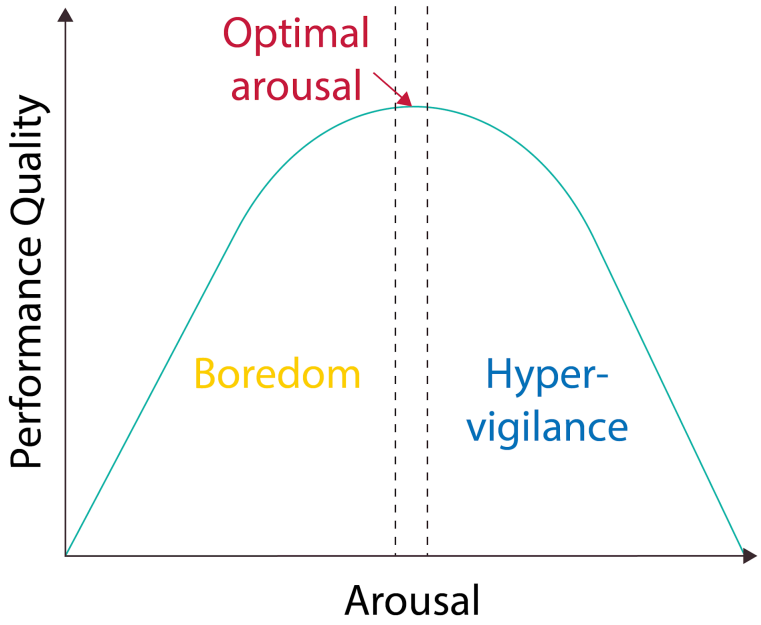
Notes

Drive theory



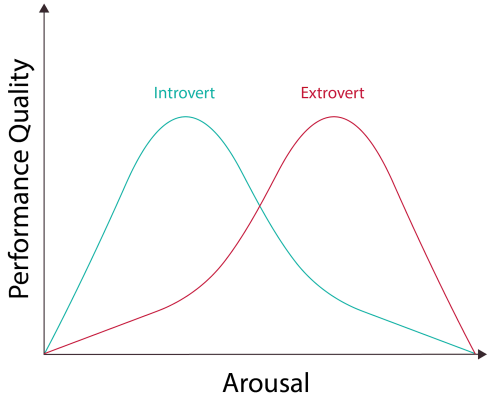
Notes

Inverted U Theory



Notes

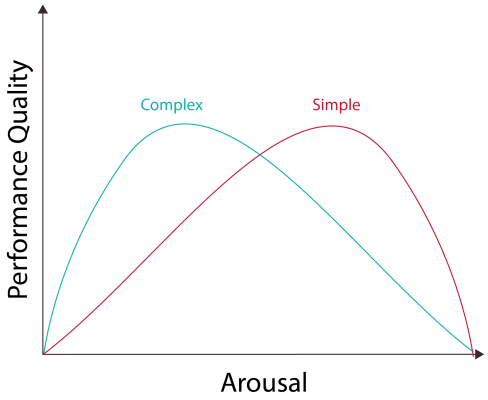
Inverted U Theory - Personality



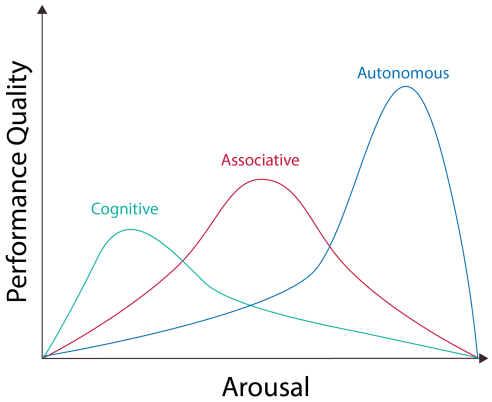
Notes

Notes

Inverted U Theory - Task Difficulty

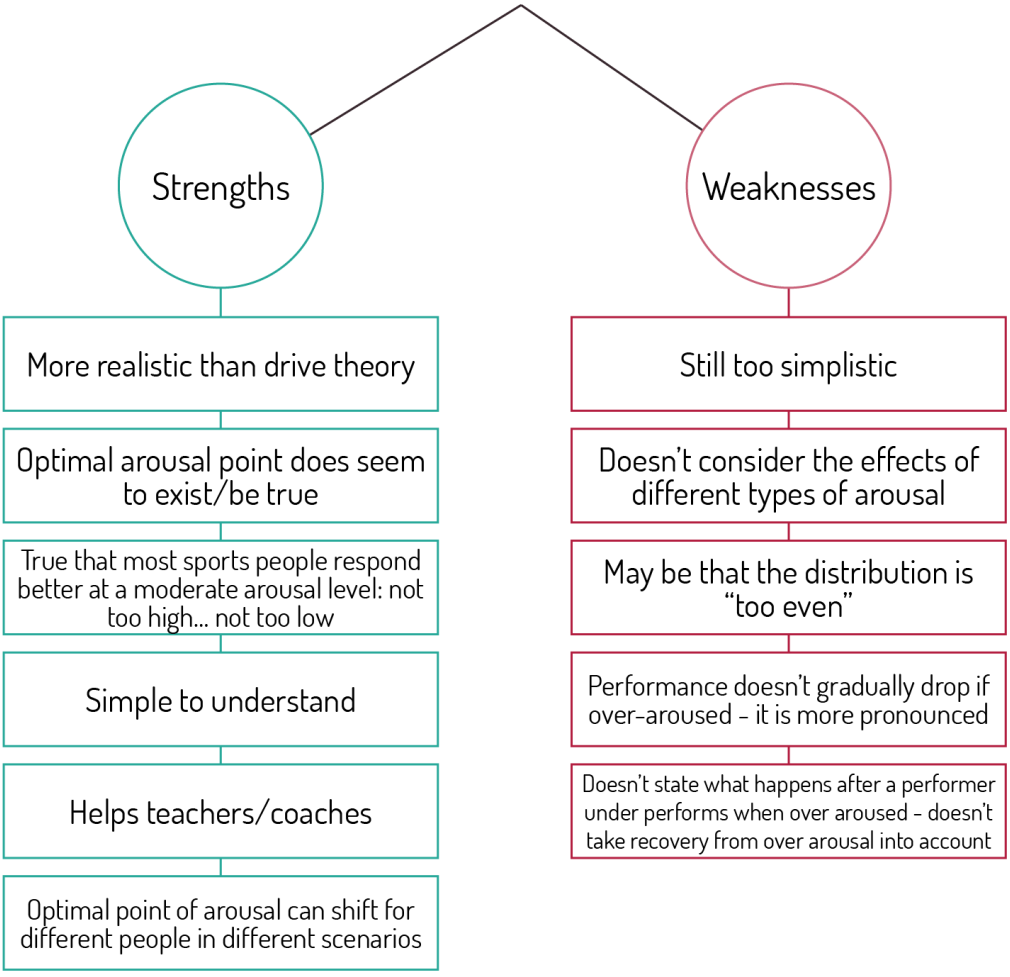


Inverted U Theory - Experience



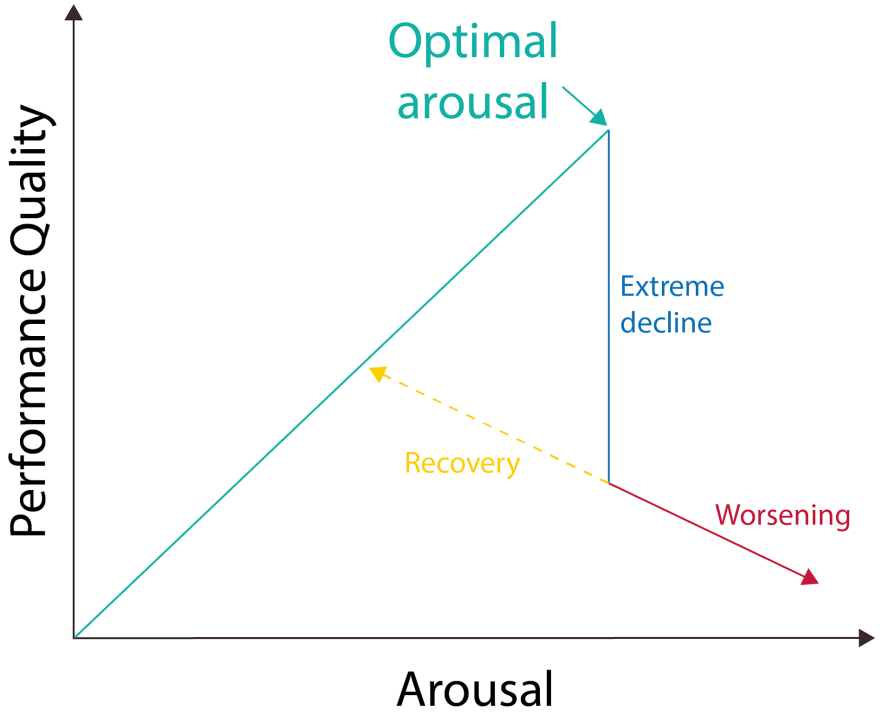
Notes

Inverted U theory



Notes

Catastrophe Theory



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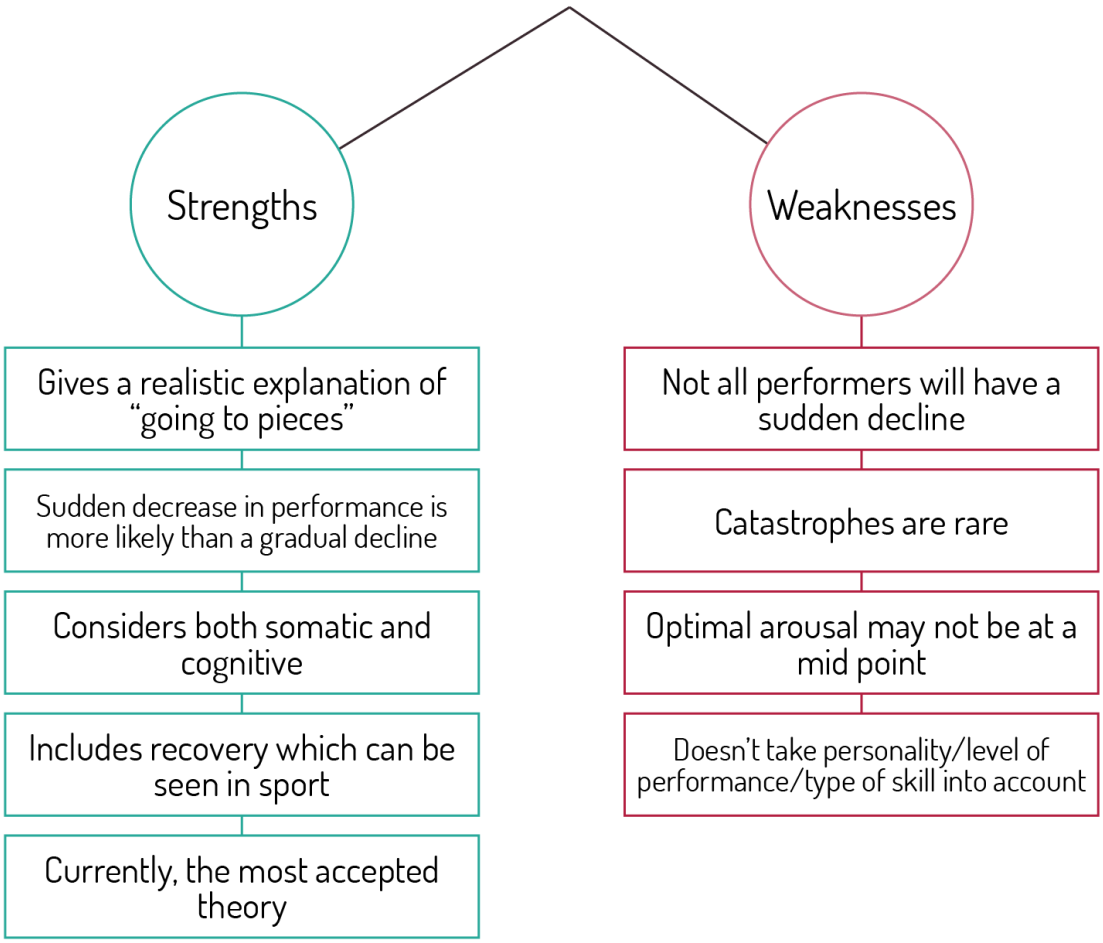


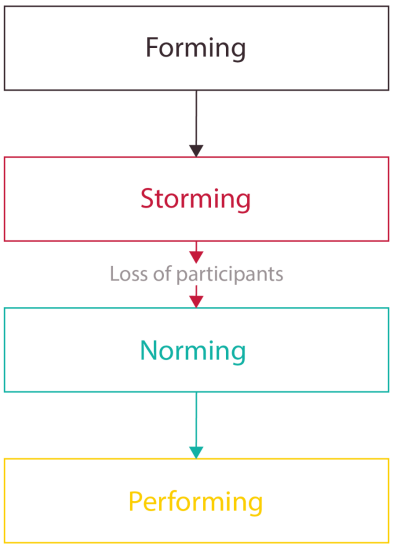
Notes

Group and team dynamics

Collection of people who share similar goals and interact with one another.

Notes

Tuckman's Model



Notes

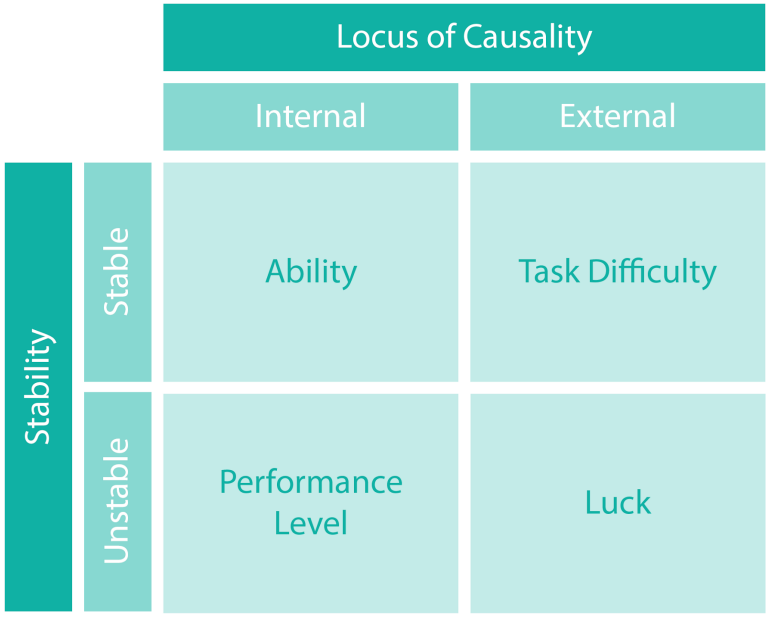
Steiner's Model

Actual Productivity = Potential Productivity - Losses due to faulty processes

Notes

Weiner's model of attribution

Weiner's Model



Notes

Learned helplessness as a barrier	Mastery orientation to optimise performance
• A belief that failure is inevitable • "Why bother?" attitude • Feeling of hopelessness • Avoidance behaviours • Believe they will never succeed	• Feeling of being in control of the outcome • An individual being motivated by learning • Motivated to become an expert • Belief that failure is a learning experience • Approach behaviours • Motivated to be the best they can be

Notes

Confidence and self-efficacy

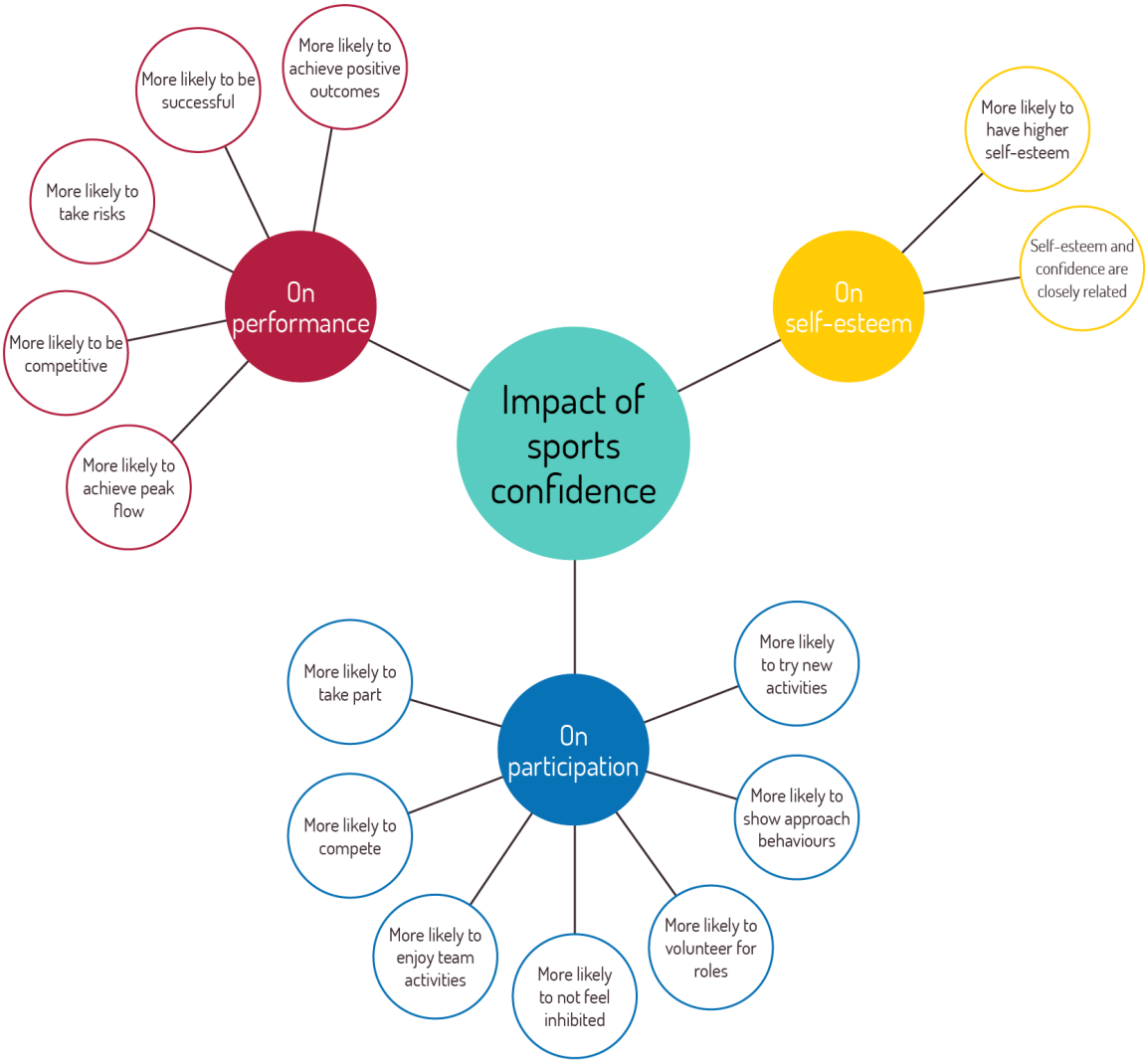
Sports confidence

General disposition an individual has to be successful in sport.

Self-efficacy

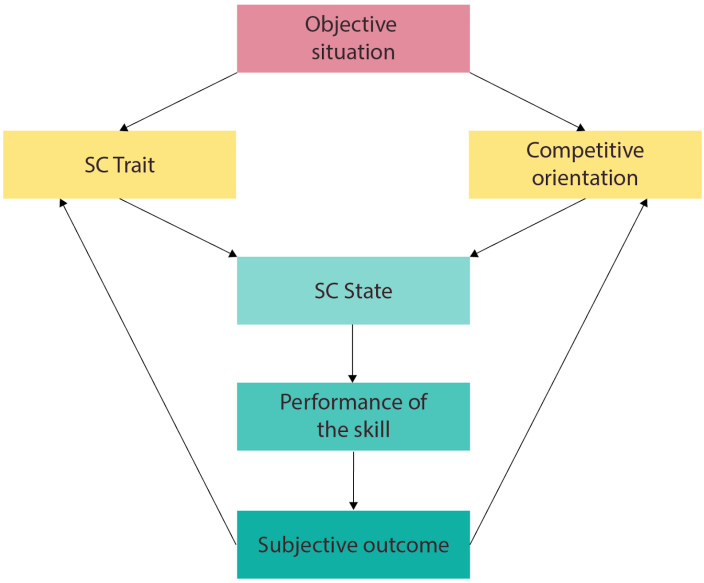
- Situation-specific confidence
- Non-global
- Environmental

Notes


Impact of sports confidence
On performance
More likely to be successful
More likely to achieve positive outcomes
More likely to take risks
More likely to be competitive
More likely to achieve peak flow
On self-esteem
More likely to have higher self-esteem
Self-esteem and confidence are closely related
On participation
More likely to take part
More likely to try new activities
More likely to compete
More likely to show approach behaviours
More likely to enjoy team activities
More likely to not feel inhibited
More likely to volunteer for roles

Notes

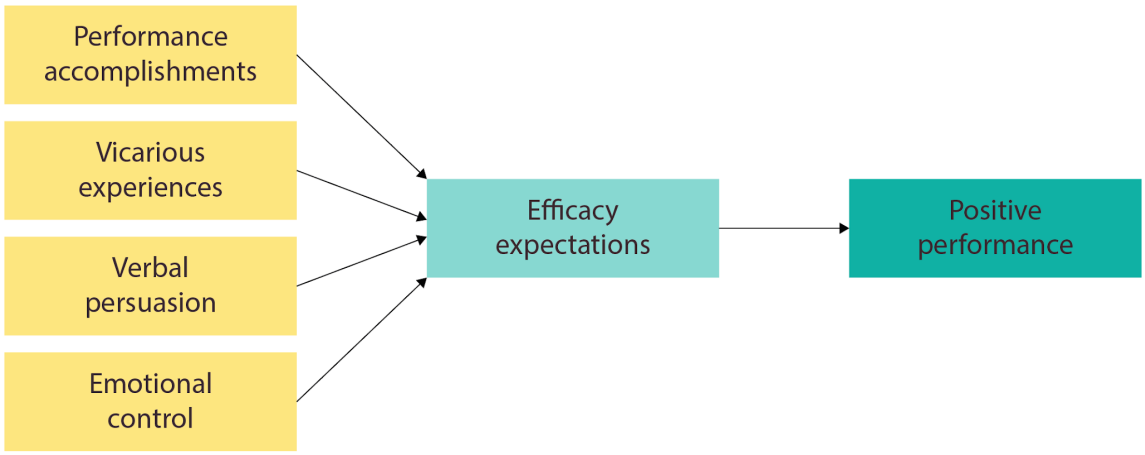
Vealey's Sport Confidence Model (1989)



Notes

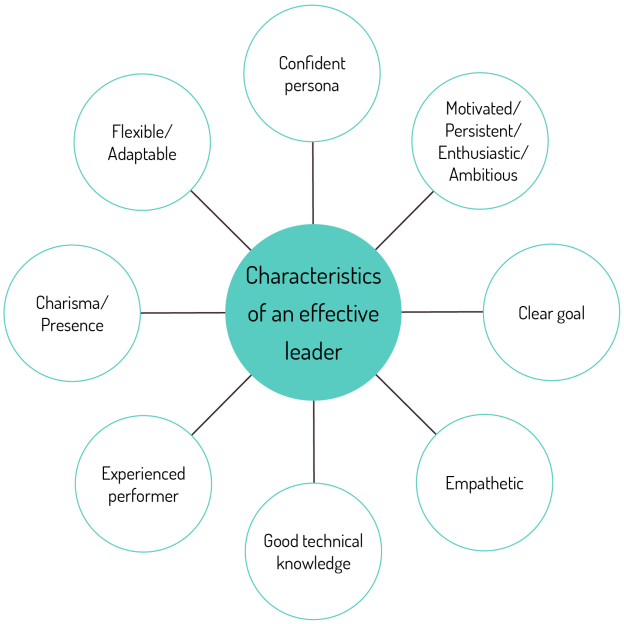
'Sources' of confidence

Bandura's Theory of Self-Efficacy



Notes

Leadership



Notes

Notes

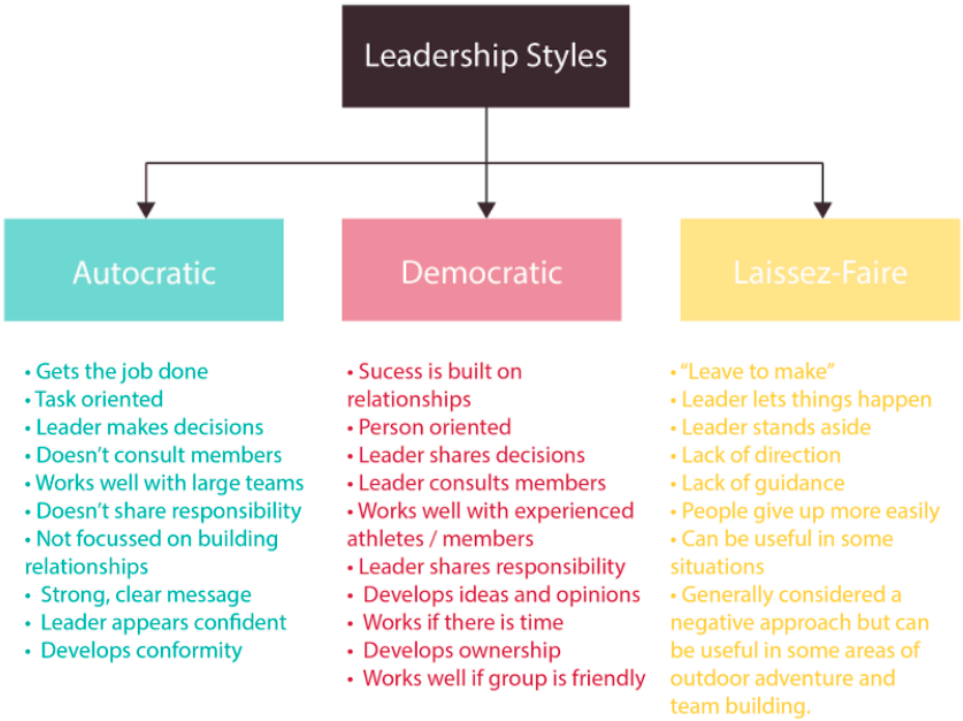
Type of leader

Emergent

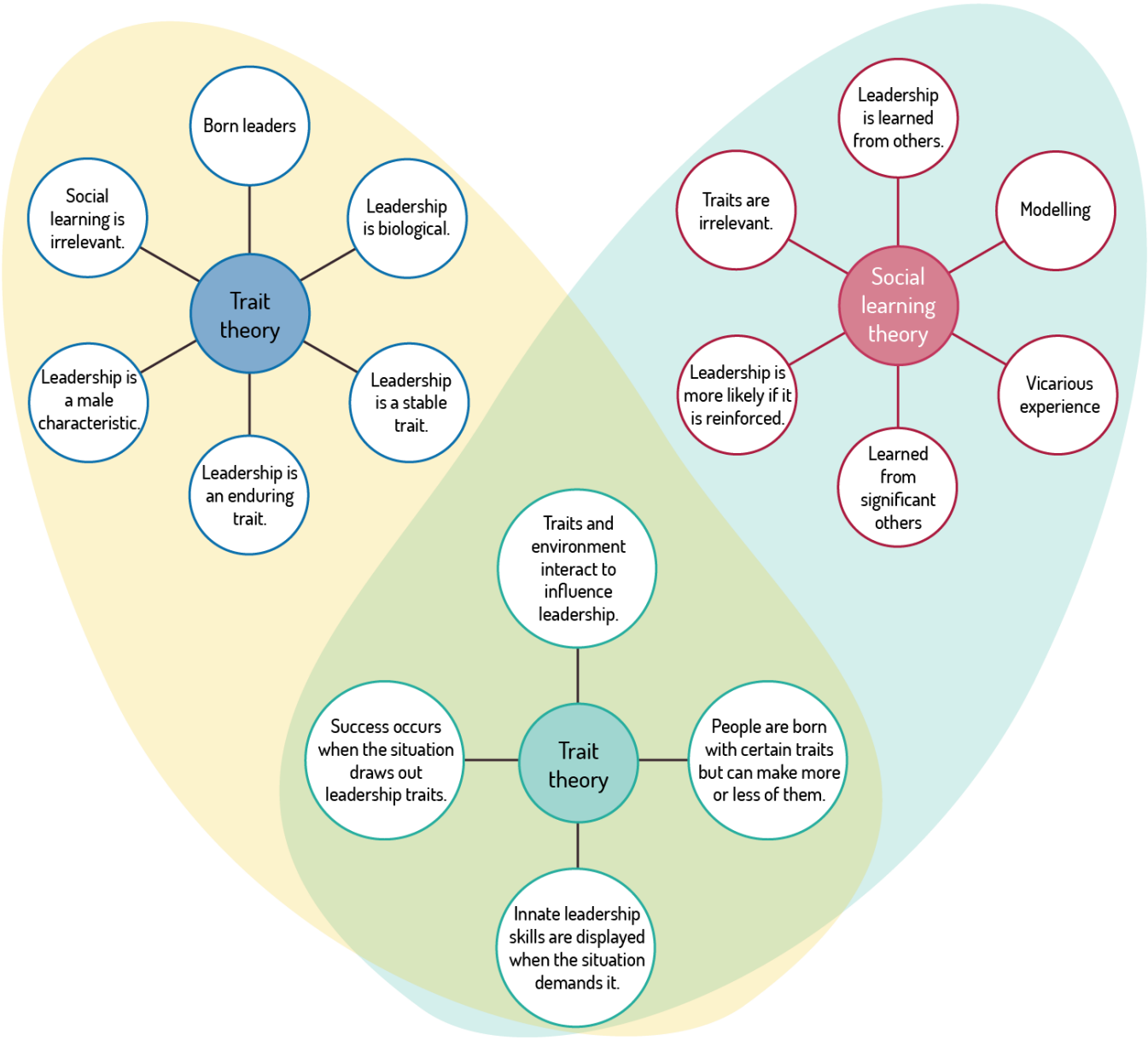
- Appointed from within the group
- Experienced performer becomes a player-manager or coach.
- Coach becomes the caretaker manager.

Prescribed

- Appointed from outside of the group
- Non-native coach is appointed as national manager.
- New signing becomes the captain.

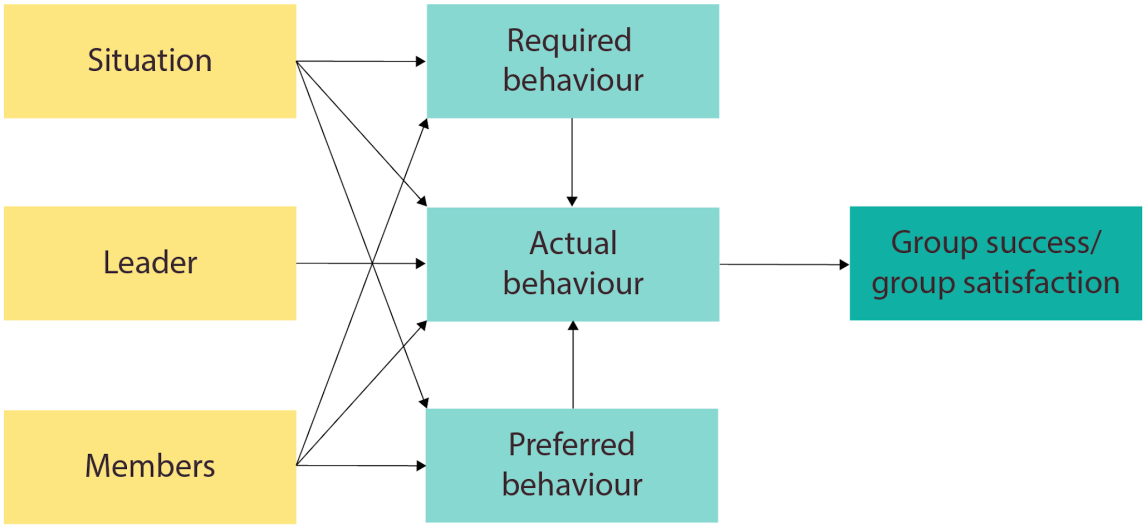

Leadership Styles
Autocratic
Democratic
Laissez-Faire
• Gets the job done
• Task oriented
• Leader makes decisions
• Doesn't consult members
• Works well with large teams
• Doesn't share responsibility
• Not focussed on building relationships
• Strong, clear message
• Leader appears confident
• Develops conformity
• Sucess is built on relationships
• Person oriented
• Leader shares decisions
• Leader consults members
• Works well with experienced athletes / members
• Leader shares responsibility
• Develops ideas and opinions
• Works if there is time
• Develops ownership
• Works well if group is friendly
• "Leave to make"
• Leader lets things happen
• Leader stands aside
• Lack of direction
• Lack of guidance
• People give up more easily
• Can be useful in some situations
• Generally considered a negative approach but can be useful in some areas of outdoor adventure and team building.

Notes


Trait theory
Born leaders
Leadership is biological.
Leadership is a stable trait.
Leadership is an enduring trait.
Leadership is a male characteristic.
Social learning is irrelevant.
Social learning theory
Leadership is learned from others.
Modelling
Vicarious experience
Learned from significant others
Leadership is more likely if it is reinforced.
Traits are irrelevant.
Trait theory
Traits and environment interact to influence leadership.
People are born with certain traits but can make more or less of them.
Innate leadership skills are displayed when the situation demands it.
Success occurs when the situation draws out leadership traits.

Notes

Chelladurai's Multi-dimensional Model of Leadership



Notes