

Attitudes 1

Name and explain the components of attitude, giving examples of how an elite athlete would display a positive attitude towards training. Outline strategies to change attitudes.

First part

- Definition
- Triadic model explained linked to examples
- Formation of attitude leading to positive attitudes
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Strategies → Plural

Persuasive communication
Cognitive dissonance.

Attitudes 2

What is meant by the term attitude and how are attitudes formed. Discuss strategies to change a negative attitude towards tennis.

First part

As above.

Second

- Measuring attitude
- Examples with cognitive dissonance + persuasive communication.

Attribution 1

Explain how the results of a competition may affect a performer's attributions and how can a coach ensure their performers are not affected in the future.

First part attributions

- Definition
- Draw + explain Weiner's model
- Explain how it can affect performance (both sides of the discussion)
- Self-serving bias

Strategies

- Attribution retraining
- Learned helplessness (general + specific)
 - goal setting, performance goals, failure to external factors.

Attribution 2

Explain using sporting examples, Weiner's model of how a coach could use this to improve motivation and explain learned helplessness and strategies to avoid it.

Very similar to the question above. Must include sporting examples. Focus on motivation.

Leadership 1

Explain using appropriate psychological theories, the different types of leaders and explain the antecedents that need to be considered when choosing a leadership style

First part

- Define leadership
- Authoritarian, democratic, laissez faire

Second part

Chelladurai's model

$S \rightarrow R$

$L \rightarrow A \rightarrow :$

$M \rightarrow P$

Favourable situation vs unfavourable situation.
Task orientated vs relationship orientated

Leadership 2

Using Chelladurai's model, outline how different factors affect the choice of leadership style.
Describe the characteristics of an effective leader.

Think of your acronym.

Personality 1

What are the difficulties involved with measuring personality and describe how a coach might use the interactionist theories to improve the performance of an individual

Personality 2

Outline the theory of achievement motivation and explain strategies a coach might use to develop approach behaviour in their team

Confidence 1

Using Bandura's model, explain the factors that contribute to the development of self-efficacy. Outline strategies that can develop self-efficacy.