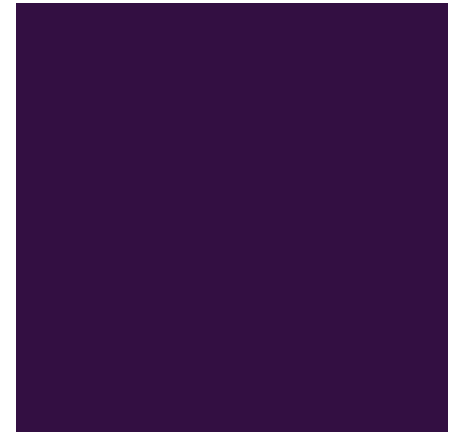
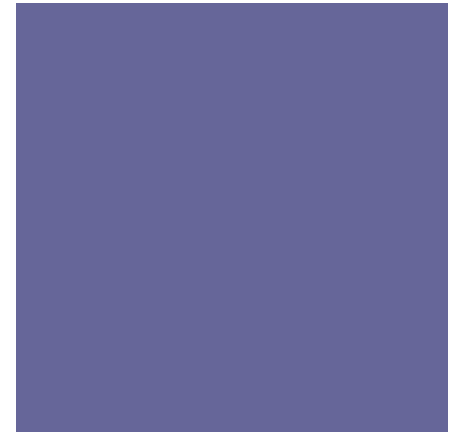




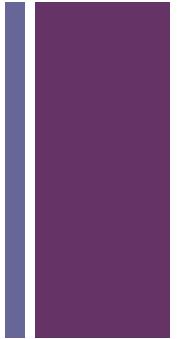
# Exam Revision

Sport and Exercise Psychology

Week 11



# Exam guidelines



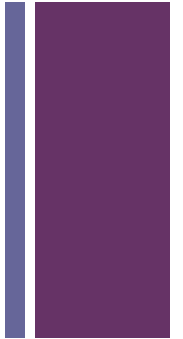
- **TIME: 2 HOURS**
- **ANSWER TWO QUESTIONS (FROM A CHOICE OF 3) IN SECTION A – 20 MARKS EACH**

and

- **ANSWER TWO QUESTIONS (FROM A CHOICE OF 3) IN SECTION B – 30 MARKS EACH**



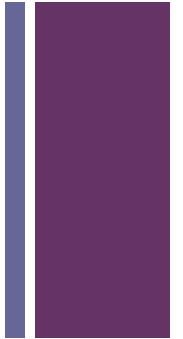
# Section A - Skill Acquisition Topics



- Skill acquisition...
- What is it?
- Why is this important?
- How does skill acquisition impact upon coaching sessions / sports science support?
- Article examined during lecture (on Moodle)
- Any skill acquisition text – introduction + key topic chapters.



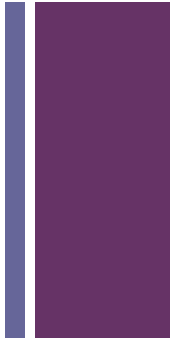
# Section A - Skill Acquisition Topics



- Feedback...
- Feedback family – Types intrinsic and augmented feedback
- What is it? / Why is this important?
- Type and timing of feedback - KP / KR
- What role does terminal and concurrent feedback have within a coaching sessions?
- When should the different types be used – give examples.
- Article examined during lecture (on Moodle)
- Any skill acquisition text – introduction + key topic chapters.



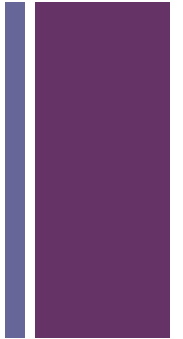
# Section A - Skill Acquisition Topics



- Traditional approach to motor learning and the...
- Lines of evidence for the existence of motor programmes
- What does this mean practically? Coaches / Teachers / Athletes
- E.g.
  - Contextual interference
  - Demonstrations / Observational learning / Feedback



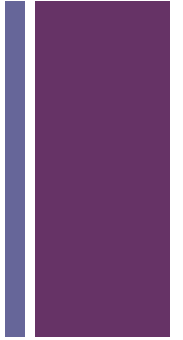
# Section B – Exercise Psychology Topics



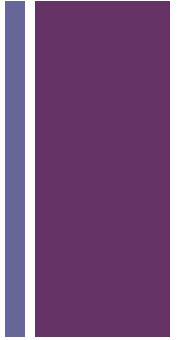
- Physical activity / exercise guidelines
- Psychological benefits associated with exercising and PA.
- The use of exercise as a means to improve body image and self esteem
- Psychological benefits for specific populations.



## Section B – Exercise Psychology Topics

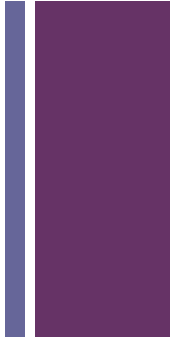


- Exergaming as a means of exercise.
- The outdoor environment as a location for exercise.
- General psychological benefits + outdoors specific benefits.
- Research for each topic



## ■ Section B – Exercise Psychology Topics

- Theoretical models to explain exercise behaviour. Two of the following...
- HBM
- TTM
- TPB
- SDT
- Practical application to exercise...To change behaviour.
- Interventions that could be used to encourage increased PA.
- E.g. Workplace initiatives / active travel / community events / national campaigns



- Practical interventions to increase participation in exercise for various sections of the population.
- Workplace initiatives
- Schools
- Community
- Regional
- Government strategy and initiatives
- Health related – GP referral