**Section B – Psychological aspects that optimise performance**

**Aspects of personality**

definition of personality

interactionalist perspective

personality as a predictor of performance

use of personality testing

profile of mood states (POMs)

achievement motivation - motives to achieve  (Nach) and avoid failure (Naf), and the  characteristics of each

incentive value and probability of success

development of approach and avoidance  behaviour

**Arousal**

drive, inverted U and catastrophe theories

practical applications and impact on  performance

Zone of Optimal Functioning and peak flow  experience.

**Controlling anxiety**

different types of anxiety - somatic; cognitive,  trait and state

measuring anxiety – observations;  questionnaires; SCAT, STA1, CSAI 2, physiological measures

cognitive techniques - imagery, mental rehearsal  and stress management, attentional control and cue utilisation, thought stopping, self-talk

somatic techniques – biofeedback, centring, breathing control and muscle relaxation

goal-setting – characteristics of effective goal setting.

**Attitudes**

definitions and components of an attitude

influences on formation of an attitude and

influences on behaviour

changing attitudes through cognitive dissonance and persuasive communication.

**Aggression**

definitions and types - channelled and nstrumental aggression, difference between aggression and assertion

theories of aggression - instinct theory,frustration-aggression hypothesis, social learning theory and aggressive cue theory

strategies to control aggression.

**Confidence**

self-confidence and self-efficacy **-** Bandura’smodel  **-** determinants and changes inself-efficacy

social facilitation and inhibition

evaluation apprehension, Baron’s distraction - conflict theory, home field advantage

strategies to eliminate the adverse effects of all the above on performance.

**Attribution theory**

Weiner’s model and its application to sporting situations

link between attribution and task persistence

attribution retraining, self serving bias

learned helplessness, general and specific.

**Group success**

group formation and dynamics, Carron’s  antecedents

factors affecting cohesion – co-operation and  co-ordination

task and social cohesion

Steiner’s model of potential and actual  productivity, faulty group processes, strategies  to overcome faulty processes

Ringlemann effect and social loafing strategies to overcome social loafing.

**Leadership**

qualities associated with leaders

types of leadership - autocratic, democratic,  *laissez faire*

effectiveness of leadership styles

prescribed and emergent leaders

Fiedler’s Contingency model - task and person  orientated and Chelladurai’s multi-dimensional model.