**A2 PE – Sports Psychology Easter Revision**

Click on the links below and have your syllabus at hand to review the areas that you need to review further.

Personality

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[Introduction to Personality (13mins)](http://www.mypeexam.com/#!introduction-to-personality-a2-pe-aqa/cvjy)

[Personality Theory (8mins)](http://www.mypeexam.com/#!personality-theory-a2-pe-aqa/c1kaa)

[Morgan's Iceberg Profile (8mins)](http://www.mypeexam.com/#!morgans-iceberg-profile-a2-pe-aqa/cbb7)

[Personality Profiling (11mins)](http://www.mypeexam.com/#!personality-profiling-a2-pe-aqa/cols)

[Personality Conclusions 1 (4mins)](http://www.mypeexam.com/#!personality-conclusions-part-1-a2-pe-aqa/c1a3c)

[Personality Conclusions 2 (5mins)](http://www.mypeexam.com/#!personality-conclusions-part-2-a2-pe-aqa/c21cl)

[Achievement Motivation (9mins)](http://www.mypeexam.com/#!achievement-motivation-a2-pe-aqa/cslk)

[NAch & NAF (14mins)](http://www.mypeexam.com/#!nach--naf-a2-pe-aqa/c1n74)

What areas need further reviewing from the syllabus?

Arousal

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[Drive & Inverted U Theory (14mins)](http://www.mypeexam.com/#!drive--inverted-u-theories-of-arousal-a/c151n)

[Shift in Inverted U & Catastrophe Theory (6mins)](http://www.mypeexam.com/#!shift-in-inverted-u--catastrophe-theory/c5nm)

[IZOF & Peak Flow (6mins)](https://www.youtube.com/watch?v=xutYcI6BfQo&list=PLF29B503C5774FF84&index=11)

What areas need further reviewing from the syllabus?

Controlling Anxiety

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[Types of Anxiety (6mins)](http://www.mypeexam.com/#!anxiety-a2-pe-aqa/ccv8)

[Measuring Anxiety (14mins)](https://www.youtube.com/watch?v=3_iLXZKfaPE)

[Controlling Anxiety (10mins)](http://www.mypeexam.com/#!controlling-anxiety-a2-pe-aqa/c3y1)

[Goal Setting (15mins)](https://www.youtube.com/watch?v=HJ3TobYcWMM)

What areas need further reviewing from the syllabus?

Attitudes

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[Attitude Formation (9 mins)](https://www.youtube.com/watch?v=ldJSAmdqnHM&list=PLF29B503C5774FF84&index=4)

[Attitudes (14mins)](http://www.mypeexam.com/#!attitudes-a2-pe-aqa/cur)

What areas need further reviewing from the syllabus?

Aggression

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[Types of Aggression](https://www.youtube.com/watch?v=6WIVL_SgmN4&list=PLF29B503C5774FF84&index=5) (12 mins)

[Theories of Aggression](https://www.youtube.com/watch?v=SIegxaw0s7w&list=PLF29B503C5774FF84&index=7)  (14mins)

What areas need further reviewing from the syllabus?

Confidence

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[Bandura's Model of Self-Efficacy (7mins)](https://www.youtube.com/watch?v=EoBAVN-s9XI&list=PLF29B503C5774FF84&index=15)

[Social Facilitation (5mins)](https://www.youtube.com/watch?v=3enQtIzPiQE&list=PLF29B503C5774FF84&index=9)

What areas need further reviewing from the syllabus?

Attribution theory

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[Attribution Theory part 1 (12mins)](http://www.mypeexam.com/#!attribution-theory-part-1-a2-pe-aqa/c1uhd)

[Attribution Theory part 2 (8mins)](http://www.mypeexam.com/#!attribution-theory-part-2-a2-pe-aqa-/cc2k)

[Attributional Retraining (12mins)](http://www.mypeexam.com/#!attributional-retraining-a2-pe-aqa/ccex)

[Learned Helplessness (8mins)](http://www.mypeexam.com/#!attributional-retraining-a2-pe-aqa/ccex)

[Mastery Orientation (7mins)](http://www.mypeexam.com/#!attributional-retraining-a2-pe-aqa/ccex)

What areas need further reviewing from the syllabus?

Group Success

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[Group Formation, Cohesion and Steiner's Model (18mins)](https://www.youtube.com/watch?v=aTHvshHtMoA)

[What areas need further reviewing from the syllabus?](https://www.youtube.com/watch?v=aTHvshHtMoA)

Leadership

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Qualities, Types and Theories of Leadership (12mins)

[Chelladurai's Model (10mins)](https://www.youtube.com/watch?v=MiN6ycsgWmw&list=PLF29B503C5774FF84&index=8)

What areas need further reviewing from the syllabus?