**Attribution 1**

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

**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.

**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.

**Attitudes 2**

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

**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

**Leadership 2**

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

**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.