

# Sports Psychology

Define skill		1
Define ability		1
Define trait		1
What are the 8 classifications of skill?		8
Name and define the types of goals		4
What does SMART stand for?	<ul style="list-style-type: none"> <li>• S</li> <li>• M</li> <li>• A</li> <li>• R</li> <li>• T</li> </ul>	5
'Information processing' has four steps, what are they?		4
Define guidance and name the types.		5
Fill in the gaps defining arousal.	A <b>p</b> _____ and mental state of <b>a</b> _____/readiness, varying from <b>d</b> _____ sleep to intense <b>e</b> _____ or alertness.	4
How might you manage arousal using stress management techniques?		2
Define aggression and name the two types		3
Name a sport suited to an <ul style="list-style-type: none"> <li>• extrovert personality type</li> <li>• introvert personality type</li> </ul>		2