

Define skill	A learned action or behaviour, with the intention of bringing about pre-determined results, with maximum certainty and minimum outlay of time and energy.	2
Define ability	An inherited, stable trait that determines an individual's potential to learn or acquire a skill.	2
Define trait	Distinguishing qualities or characteristics belonging to a person.	2
What are the 8 classifications of skill?	Basic, complex, open, closed, self-paced, externally, gross movement, fine movement	2
Name and define the types of goals	Performance goals: personal standards to be achieved. Outcome goals: goals that focus on the end result, on winning	2
What does SMART stand for?	<ul style="list-style-type: none"> • Smart • Measurable • Accepted • Realistic • Time-bound 	
'Information processing' has four steps, what are they?	Input, decision-making, output, feedback	5
Define guidance and name the types.	A method of conveying information to a performer Visual, verbal, manual, mechanical.	
Fill in the gaps defining arousal.	A physical and mental state of alertness /readiness, varying from deep sleep to intense excitement or alertness.	4
How might you manage arousal using stress management techniques?	Deep breathing Mental rehearsal, visualisation and imagery Positive self-talk	3
Define aggression and name the two types	A deliberate attempt to harm or injure another person, but in sport it can be more controlled. It can be physical or mental. Direct aggression and indirect aggression	1
Name a sport suited to an <ul style="list-style-type: none"> • extrovert personality type • introvert personality type 	Keep the body working efficiently and ensures general health	1