

Revision Checklist – Paper 2

Psychological Factors Affecting Performance

Topic		Notes	😊	😐	😞
Section 1: Skill Acquisition					
1.1	Classification of Skills				
1.2	Types and Methods of Practice				
1.3	Transfer of Skills				
1.4	Learning Theories				
1.5	Stages of learning				
1.6	Guidance				
1.7	Feedback				
1.8	Memory Models				
Section 2: Sports Psychology					
2.1	Individual Differences				
2.2	Groups and Team Dynamics				
2.3	Goal Setting				
2.4	Attribution				
2.5	Confidence				
2.6	Self-efficacy				
2.7	Leadership				
2.8	Stress Management				

