

Social Development Theory- Learning by association with others

Inter-psychological learning- Learning from others externally

Intra-psychological learning- Learning from within after gaining external knowledge from others

Constructivism- Building up learning in stages, based on the current level of performance

Zone of proximal development- The next stage of learning based on the performer's needs, expectations and current level of performance, this is suggested by Vygotsky as shown in 3 stages:

1. What can I do alone?
2. What can I do with help?
3. What can I not do yet?

Operant Conditioning- The use of reinforcement to ensure that correct responses are repeated.

Key Points-

- Trial and error learning
- Manipulates environment
- Shapes behaviour by using reinforcement

Stimulus – Response bond

- Appropriate response to stimulus
- Actions can be learned (By use of reinforcement)

Satisfier: Positive reinforcement = Pleasant stimulus to increase likelihood of repeat (praise)

Annoyer: Negative reinforcement = Taking away unpleasant stimulus after the correct response e.g. Criticise → Change in behaviour → Praise

Punishment: An unpleasant stimulus to prevent incorrect actions repeating (Penalty box)

Observational Learning- Learning that occurs through observing the behaviour of others

Attention- Watch the skill occur

Make the skill attractive and interesting e.g. this specific shot will give them an advantage

Retention- Remember it by practice

Make the learner repeat the skill right after learning as ensuring the skill has been taught correctly

Production- Learn you can do the skill

Make sure the skill is at the learner's level, give them simple tasks to do and gradually increase to more complex ones as the learner's level increases

Motivation- Must be willing to learn

The drive needed to copy a skill, motivate the learners by giving them praise and rewards or offering positive feedback/reinforcement

Trait Approach = Suggests that innate characteristics produce consistent behaviour (Born with traits that don't change)

- The features of trait theory are that an individual is born with innate characteristics that are stable and stay the same in different situations

Eysenck: Eysenck's personality test, shown through this image, was meant to show what one's personality was through the use of traits.

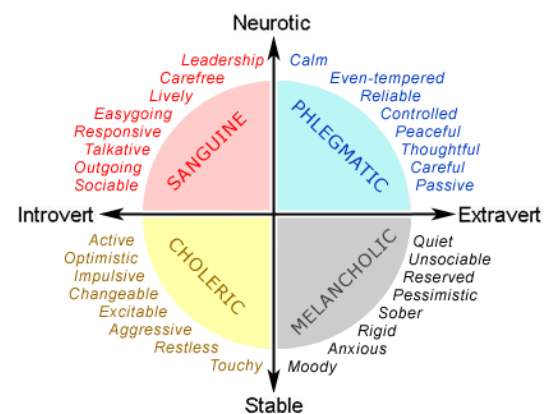
Social Learning Approach = Suggests that behaviour is learned from others by socialisation (Learnt traits from other people)

- Offers an explanation as to how our personalities develop. Rather than being born with traits, we learn them from others (especially those we hold in high regard)

Observe -> Identify -> Reinforce -> Copy -Bandura

Interactionist Perspective = A theory which combines trait and social learning to predict behaviour in a specific situation

- This concept attempts to explain how aspects of personality are developed and how the behaviour of athletes can be influenced by genetics and environment



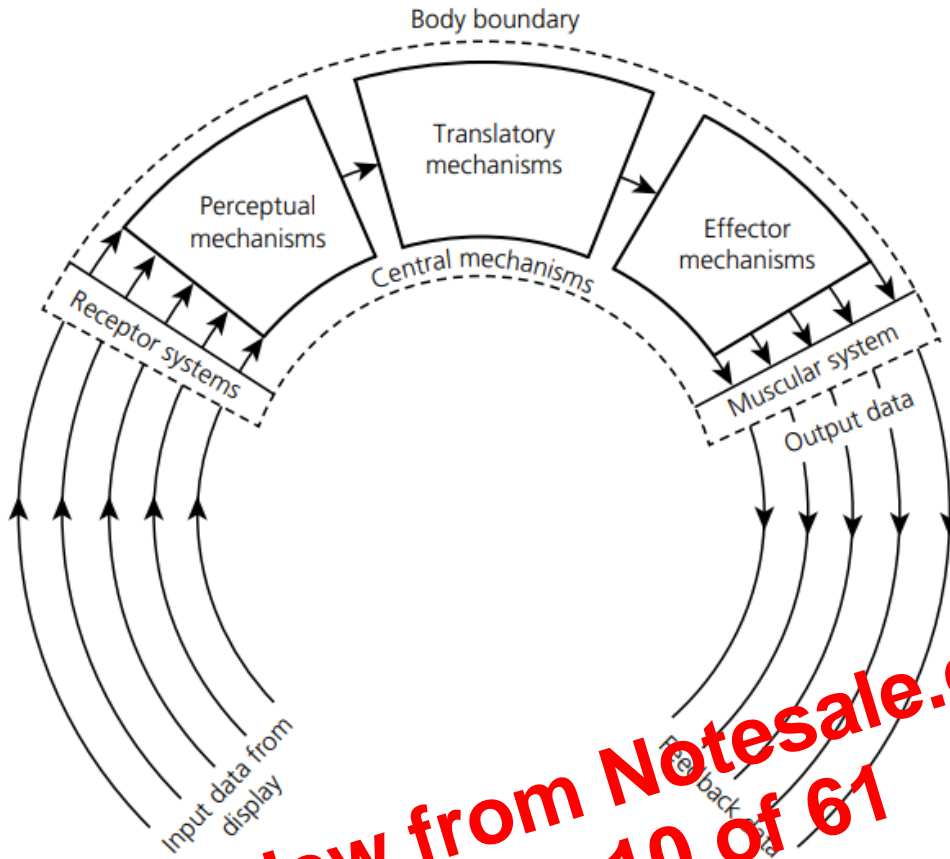
Memory

At perception stage memory is used for comparing new and old info so the performer can understand what's going on

Memory is also used at the decision-making stage

Memories are used to compare what has happened in similar situations

Whiting's Model



Input - Information picked up from environment

Receptor system - Senses that receive info

Perceptual Mechanism - Perceiving the environment

Translatory Mechanism - Uses coded info from perceptual process to pick appropriate motor programme

Effector Mechanism - Delivers decisions to muscles

Muscular System - Muscles contracting

Output - The actual movement

Feedback - Info after the response

Memory – The capacity that permits organisms to benefit from their past experiences

There are 3 types of memory

- Short Term Sensory Store
- Short Term Memory
- Long Term Memory

STSS

All info from the senses is passed through the STSS

Info is kept for 1 second

Unimportant info is forgotten and replaced by new info

Selective attention happens here

Atkinson and McClelland

Nach – Need to achieve

- Welcome competition
- Take risks
- Confident
- Welcome feedback
- Task persistence
- Attributes success internally

Approach Behaviour

E.g. Always volunteering for penalties

Naf – Need to avoid failure

- Give up easy
- Don't want feedback
- Take easy option
- Adopt learned helplessness
- Attribute success externally

Avoidance Behaviour

E.g. Avoiding penalties

Achievement motivation can be defined as the drive to succeed

Developing Nach (Naf → Nach)

- Give success easy
- Gradually increase difficulty
- Goal setting
- Positive feedback
- Reduce punishment
- Encourage risk taking

Intrinsic Motivation

- Fun
- Participate
- Socialise
- Personal accomplishment

E.g. Personal goals

External Motivation

- Praise
- Rewards
- Fame

E.g. Money

Relationship between intrinsic and extrinsic

- Encourage a strive for success – satisfaction and reward
- Reduce emphasis on winning to make performers not reliant on extrinsic
- Teach performers to put rewards in perspective

Achievement Goal Theory

Suggests motivation and task persistence depend on the type of goals set by performer and how they measure success. Goals can be set to include an outcome which is based on beating other. Doesn't matter how goal is achieved. If goal isn't reached confidence can plummet. A task-related goals are more concerned with the process of success. Regardless of result, player is satisfied with individual's performance. Performer will set goals based on their skill levels

Self-Concept = General term to describe how a person thinks about themselves

Rodgers:

- Self-image
- Self-esteem
- Ideal-self

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Cardiac conduction system = a group of specialised cardiac muscle cells in the wall of the heart that sends signals to the heart muscle, causing it to contract. The main components of the cardiac conduction system are the SAN, AVN, Bundle of His and the Purkinje fibres

SAN = Intrinsic pacemaker that sends electrical impulses to the atrium causing atrial systole

AVN = Impulses arrive at the AVN which redirect the impulses through the BOH

Bundle of His = In the septum, impulses passing through to the Purkinje fibres

Purkinje Fibres = Impulses reach the fibres which cause ventricular systole

The sympathetic nervous system speeds up the SAN and increases impulse frequency

The parasympathetic nervous system slows down the SAN and decreases impulse frequency

Anticipatory Rise = The heart rate will increase due to a surge of adrenaline pre-exercise

Chemoreceptors = Detects a rise in carbon dioxide levels and sends information to the brain

Rising levels of CO₂ causes an increase in cardiac output by:

- Increases CO₂, acidity, hydrogen ion concentration and lowers pH
- Detected by chemoreceptors
- Impulses are sent to the medulla
- Causes increased stimulation of sympathetic nervous system
- Adrenaline released to the SAN
- Causing an increased heart rate (via cardiac conduction system)
 - Atrial systole occurs in the SAN
 - Impulses travel from SAN to AVN
 - Impulses travel through the Bundle of His to the Purkinje fibres
 - The Purkinje fibres start ventricular systole

Baroreceptors = Detects change in blood pressure and causes change to breathing/heart rate

- They have a "set point" blood pressure should be
- An increase above the "set point" can cause the brain to reduce sympathetic nervous system stimulation to decrease blood pressure
- A decrease in blood pressure means the brain will stimulate the sympathetic nervous system to increase blood pressure back up (standing up)

Proprioceptors = Detects motion and position of limbs and sends information to the vasomotor centre

- Detects movement and contributes to an increase in heart rate and breathing

Cardiac Output = Blood pumped out of the heart per minute. Heart Rate x Stroke Volume

Heart Rate = Beats per minute (Bpm)

Stroke Volume = Volume of blood leaving the heart per beat (Amount)

Ejection Fraction = Proportion of blood leaving the heart per beat (Percent)

Venous Return = Blood back into the heart

Starlings Law = If venous return increases – stroke volume increases, If venous return decreases – stroke volume decreases

Steady State Exercise – Cardiovascular Drift

Continuous exercise which leads to sweating

Reduce blood volume (High viscosity)

Reduces venous return, therefore reduce stroke volume (Starlings Law)

Cardiac Output (Q) needs to be kept constant

$Q = HR \times SV$ so if SV decreases, HR increases

Hence, needing to increase HR during exercise to maintain Q

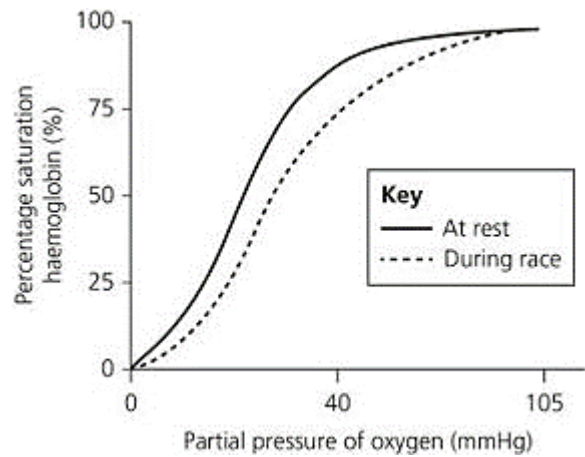
Oxyhaemoglobin Dissociation Curve (Bohr Shift)

Saturation – How much oxygen for each haemoglobin
 Oxyhaemoglobin 1:1 100% full saturation

Saturation rate is lower when exercising because the muscles need oxygen – not oxyhaemoglobin – therefore, dissociating occurs.

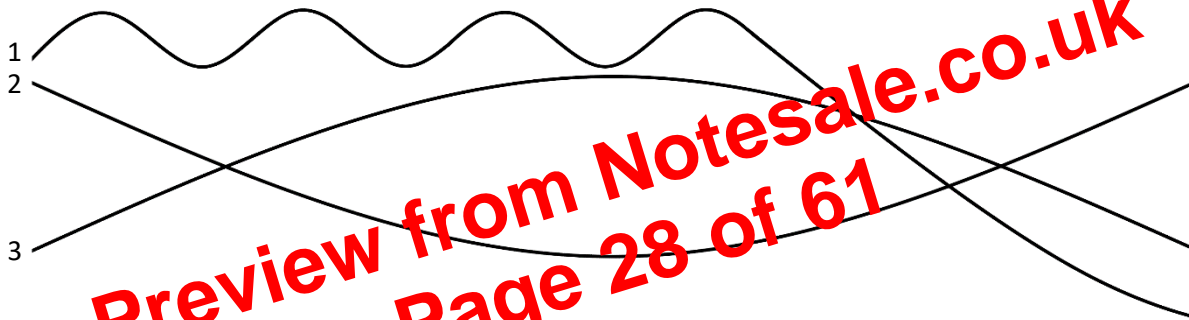
What Causes the graph to shift

- Exercise, which increase the biproducts of Co₂, acidity, temperature and decrease in pH
- There is also an increase in dissociation of oxyhaemoglobin
- Because of that there is more oxygen available for energy to resynthesise ATP
- The graph moves to the right (increase pressure) which is called the Bohr Shift



Cardiovascular Drift

Arteries	Capillaries	Veins	
↑	↓	↓	1. Pressure
↑	↓	↑	2. Velocity
↓	↑	↓	3. CSSA



Pressure and Velocity are affected by:

Cross-Sectional Area – More area = less velocity and pressure
 Friction – Between blood and walls of blood vessels also reduce pressure

Venous Return Mechanisms

- **Skeletal Muscle Pump** – When muscles contract and relax they change shape. This change in shape causes the muscles to press on nearby veins and cause a pumping effect
- **The Respiratory Pump** – When muscles contract and relax during breathing, pressure changes occur in the thoracic and abdominal cavities. These changes in pressure compress nearby veins and assist blood return to the heart
- **Pocket Valves** – Valves ensure blood only flows one direction; valves close to prevent blood flowing backwards after blood has passed through

Other factors: **Gravity, suction** and **Smooth Muscle**

Articulating Bones – Bones that meet at a joint e.g. femur and pelvis or humerus and scapula

Ball and Socket – Allows movement in every direction e.g. hip and shoulder

Hinge Joint – Allows movement in one direction e.g. ankle, knee and elbow

Discus: Lift

- Aerofoil shape, creates angle of attack
- Longer distance created for air to pass across, increases speed air travels
- Lower speed of air creates increased pressure
- Bernoulli's force from high to low pressure

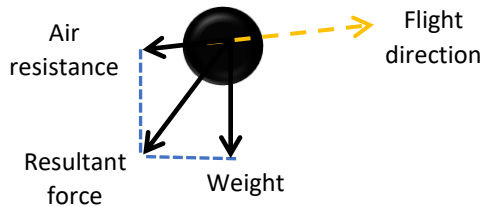
Cyclists: Downward Force

- Smaller distance at 'front' so tuck up, go slow
- High pressure on top (pulling down)
- Bernoulli, high to low
- Aerofoil shape, creating an angle of attack

Projectile Motion

Factors effecting horizontal displacement and flight paths of projectiles

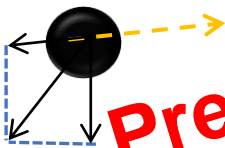
- Factors effecting Distance: Height of release, speed of release and angle of release
- Factors effecting Flight path: Air resistance, force applied by muscles on released and weight/gravity
- Free-body Diagrams: Shows impact air resistance and weight have on a projectile



- Parabola: A curve with matching left- and right-hand sides

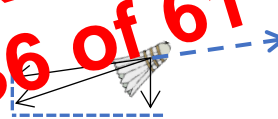
Parabolic Flight

- Large weight force, small air resistance



Non-Parabolic Flight

- Low weight force, large air resistance



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Vector (Force that has direct)

- Have a point of origin and lines of application
- These lines of application show the magnitude and direction of force
- When an object moves at 45° it has equal vector arrows



Long Jump

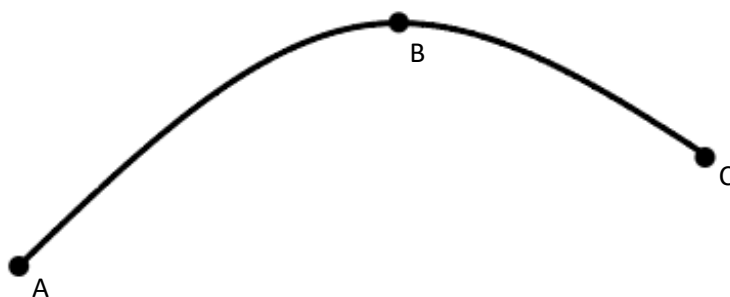


High Jump



Resultant Force is trajectory of object (e.g. body)
Lines of application = Both magnitude and direction of

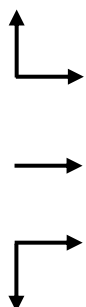
Flight Path



A = Equal

B = Not going up, can't change forward force from in A

C = Gravity pulls object down



20th century amateur

- High status in society
- Controllers of sport
- Top performers
- Highly moral

Modern day amateur

- Tend to be lower status
- Some high-level performers are still not professionals
- Blurring of the line between amateurism and professionalism
- Performance at the top level in most sports is open to all classes
- Some amateurs receive finance to pay for training expenses

Positives of modern-day amateurism

- Codes of amateurism are still evident in British sport e.g. via fair play
- It's still viewed positively and promoted in a number of ways e.g. fair play awards in football
- Sports like Rugby union maintained their amateurism late into the 20th century and still have codes of conduct based on such principles e.g. calling the ref 'sir'

Modern-day professionalism

- All classes can compete
- People are now respected for their talents
- There are high rewards for professionals (media and sponsorship)
- Professionals have more time to train
- Celebrity status
- Role models
- Money invested into sports enable events + to operate and survive commercially
- More spectators can watch them play

Golden Triangle and Commercialisation

Sport on Sponsorship

- Sport relies on sponsorship for money e.g. football shirts have company logos

Sport on Media

- Sport needs media to show their games and attract new fans

Sponsorship on Sport

- Sponsors need sport so they can show off their products

Sponsorship on Media

- Sponsors need media to televise their products

Media on Sport

- Media needs sport for something to televise

Media on Sponsorship

- Media needs sponsors for money

Advantages of Golden Triangle

- Increased income
- Increased sport promotions
- Increased sponsorships for the business + sport
- Sports are organised and funded
- Improved facilities

Disadvantages of Golden Triangle

- Sensationalist media coverage
- Media/sponsorships change the nature of sport
- Only televise popular sports
- Can be demanding on performers
- Increase pressure to win

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NGB's Whole Sport Plans

- A WSP is a lottery-funded, Sport England 'Approved' outline of how the NGB intends to
 - a) Increase participation in the sport its responsible for
 - b) Identify and develop talent in it
- It's how Sport England decides which sports to fund

Talent ID Programmes

Positives:

- It means all potential performers can be screened
- Provide a co-ordinated approach between NGB's, EIS and UK Sport
- The chances of producing medallists are improved
- Performers can be directed to the sport most suited to their talent
- The development process can be accelerated as a result of the information gained
- Efficient use can be made of available funding

Negatives:

- May miss late developers
- Require high levels of funding
- Require large number to be tested to be of use
- High profile sports may attract more/the best performers
- Many sports are in competition of the same talent pool
- No guarantee of success

Factors that make a Talent ID programme effective:

- Simplicity of administration and record keeping
- Performers can be analysed via a clear database of physiological information
- Monitoring systems are used that are built on good practice and appropriate tests
- Well-structured competitive programmes
- Development squad
- Specialist, high-quality training facilities
- Funding allocated to performers
- Talent spotting - coaches and scouts
- High level of provision of support services
- Organisations involved in Talent ID work together
- Equality of opportunity

Performance Pathway Team – A combination of EIS and UK Sport expertise used to identify and develop world-class talent

- Pathway Frontline Technical Solutions = Providing support when identifying talent and developing it
- Pathway Education = To educate coaches so they have the skill set to develop elite athletes
- Pathway Analytics = A way of getting a meaningful measurement of the effectiveness of peoples performances through a range of diagnostic tools (Sport science e.g. health and physiology of an athlete)
- Pathway Strategy = Designed to assist athletes developed (Bringing them from foundation to elite level)
- Performance Pathways Health Check (PHC) = Looking at different Talent ID programmes and how can they improve their development of athletes

World Class Performance Programme (WCPP)

What it is:

A support programme, set up by UK sport, aimed at developing world class talent ready to compete at the Olympics

Why it exists:

So there's a clear route to achieving Olympic success

Podium – Realistic chance to win a medal at the next Olympics/Paralympics in the next 4 years

Podium potential – Potential to hit the podium in 4 or 8 years

Talent – Developing athletes (17-20) who will receive some funding support at their levels of development to increase the chance to medal in future years

Gold Event Series

UK Sport is the lead agency attempting to ensure the UK successfully bids to host & stage major sporting events, this programme is the GES. It focuses on attracting World Championships, European Championships and premium world circuit events to the UK. Prior to developing event bids, UK Sport works with the sport and host location, helping it make a detailed business plan and giving a budget. When UK Sport agrees a financial award to support an event bid, it continues to work with the NGB involved to develop and support their planning and delivery of the actual event.

Objectives: Support high performance success

Create high profile opportunities for people to engage in sport

Demonstrating the legacy of London 2012 & Glasgow 2014

Drive positive economic & Social impacts for the UK

Ethics in Sport

Amateurism – Play for fun, not money

- 19th century code for upper, and then middle classes
- Mid-19th century = no professional sports
- Amateurs had the highest status

Their values/Code of Ethics:

- Moral value
- Fair play
- Sportsmanship
- Immediate acceptance of rules

It encouraged socially acceptable behaviour (in hopes, to filter these polite ideals to the lower class)

It led to set rules and NGB's developing

- Participation more important than winning

- Character building

- Training was frowned upon

Examples: shaking hands at the end of matches, applauding oppositions goals, calling ref 'sir' (rugby) etc

The Corinthians - Extremely moral. If they created a foul at the goal, they would leave the goal and allow a free shot

Olympic Oath – A promise made to uphold Olympic values

"In the name of all competitors, I promise that we shall take part in these Olympic Games, respecting and abiding by the rules that govern them, committing ourselves to a sport without doping and without drugs in the true spirit of sportsmanship, for the glory of sport and the honour of our teams"

- Said by an athlete and official of the hosting country (and more recently, a coach too)

- A promise made to adhere to the rules and ethics of the Olympics
- Written by Baron de Coubertin, founder of the modern Olympics. First said at Antwerp in 1920.

Debates into whether the Oath is still adhered to:

Yes

- Still evidence of fair play and sportsmanship
e.g. two runners finishing a heat together after stumbling over one another
- Rule breaking is frowned upon & can lead to disqualification e.g. bias boxing judges were sacked
- Values of Olympism are celebrated

No

- Doping and positive drug tests are common
- Win at all cost mentality
- Gamesmanship is clearly evident

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Taylor Report: All stadiums must be all-seater, ban of alcohol in stands and removal for fences after the Hillsborough Disaster (Liverpool v Nottingham Forest where 96 died)

Effects of Spectators Violence on Sport and Community

- Negative image of sport (lowers participation) e.g. Andrés Escobar, Columbian goal keeper who was shot for an own goal
- Decline in spectators attendance
- Fines/bans
- Less sponsors (they withdraw)
- Supports banned- closed doors matches
- Increase cost of policing
- Relationship decline and impacts on acceptance

Erythropoietin – Hormone found in kidney to increase red blood cell e.g. cyclists and triathletes
Increases oxygen transport efficiency in muscles, improves aerobic/cardiovascular endurance and capacity, faster recovery, increased time till fatigue.

However: Increased blood viscosity, heart strain (lead to heart attack/stroke) and can lead to infection

Anabolic Steroids – Artificial hormones to increase protein synthesis in skeletal muscles e.g. weightlifters and rugby

Improving strength and power production, muscle mass, recovery time and body composition

However: Acne, risk of heart attack due to increase in heart size, risk of stroke, liver damage and mood swings

Beta Blockers – Prevent effects of adrenaline by stopping it binding to receptors, reducing athletes heart rate and calming them, letting them control movements better e.g. golf, darts and archery

Improves accuracy and precision, reduce anxiety, muscles spasm/tremble and heart rate

However: tiredness, low blood pressure, reduce aerobic capacity, weakness and upset stomach

Reasons (Societal and Psychological):

- Expectations from coaches/supporters
- Keep up with competitors
- Pressure to succeed
- Lack of natural ability
- Easier than hard work
- Earning capacity
- Appeal of financial award/success e.g. sponsors
- Anxiety reducing
- Enhance aggression

Consequences:

Performer-

Health complications

withdraw of sponsors

Bad reputation and role model

Medals stripped

Fines/Bans

Negative press

Mood swings and depression

Sport-

Bad press = Bad sport reputation

Culture of drug use

Reduced commercial revenue

Withdraw of sponsors

Low participation

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