

Term	Date	Focus	Summary	Learning Outcomes
Term 2	02/01/23	Biomechanic movement Sport Psychology	Biomechanical principles Group Dynamics	To identify three laws of linear motion and apply to sporting examples To apply theories associated with concepts that effect performance
	09/01/23	Biomechanic movement Sport Psychology	Levers Importance of goal setting	To define the scalars speed and distance giving equations and units of measurement To apply theories associated with concepts that effect performance
	16/01/23	Biomechanic movement Sport Psychology	Angular motion Attribution theory	To define centre of mass and identify factors affecting stability To discuss strategies that can be used to overcome negative effects of psychological performance
	23/01/23	Biomechanic movement Sport Psychology	Projectile motion Self Efficacy and confidence	State three classes of lever and give examples of their use in body To understand factors which promote confidence in sport by looking at theories of Bandura and Vealey
	30/01/23	Biomechanic movement Sport Psychology	Fluid mechanics Leadership	To identify the mechanical advantage and disadvantage of each class lever To examine the role of sports leaders and the factors that influence leadership style
	06/02/23	Biomechanic movement Sport Psychology	Stress Management	To discuss the methods coaches can use to reduce stress in the performer, including somatic and cognitive
	13/02/23			
	20/02/23	Biomechanic movement Sport Psychology <i>Sport and Society</i>	Injury prevention and the rehabilitation of injury Aggression in sport <i>Ethics in Sport</i>	Understanding different methods used in injury prevention, rehabilitation and recovery. Atkinson's Model Characteristics of personality components of achievement motivation. Impact of situational component <i>The social and psychological reasons behind elite performers using illegal drugs and doping methods to aid performance.</i>
	27/02/23	Biomechanic movement Sport Psychology <i>Sport and Society</i>	Injury prevention and the rehabilitation of injury Aggression in sport <i>Violence in Sport</i>	Physiological reasons for methods used in injury rehabilitation (hyperbaric chambers and cryotherapy). Achievement goal theory – incentive value and probability of success. Strategies to develop approach behaviours leading to improvement <i>The physiological effects of drugs on the performer and their performance.</i>
	06/03/23	Biomechanic movement Sport Psychology <i>Sport and Society</i>	Injury prevention and the rehabilitation of injury Motivation in sport <i>Violence in Sport</i>	Physiological reasons for methods used in injury rehabilitation (hyperbaric chambers and cryotherapy). Social facilitation and inhibition (Zajonc's Model). Evaluation apprehension. <i>The positive and negative implications to the sport and the performer of drug taking.</i>

13/03/23	Biomechanic movement Sport Psychology <i>Sport and Society</i>	Injury prevention and the rehabilitation of injury Achievement motivation <i>Drugs in Sport</i>	Physiological reasons for methods used in injury rehabilitation (hyperbaric chambers and cryotherapy). Social facilitation and inhibition (Zajonc's Model). Evaluation apprehension. <i>The positive and negative implications to the sport and the performer of drug taking.</i>
20/03/23	Biomechanic movement Sport Psychology <i>Sport and Society</i>	Physiological reasons for methods used in injury rehabilitation (hyperbaric chambers and cryotherapy). Achievement goal theory – incentive value and prob <i>Drugs in Sport</i>	Importance of sleep and nutrition for improved recovery. Strategies to eliminate the adverse effects of social facilitation and inhibition in performance.+H24 <i>Strategies for elimination of performance enhancing drugs in sport. Arguments for and against drug taking and testing.</i>