**Revision checklist: Sport psychology**

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| **What you need to know** | **Specific examples covered in book** | **Relevant pages in the textbook** | **Revised** |
| **Emotion and motivation** |  | 228–238 |  |
| Theories of motivation | Cognitive evaluation theory  Achievement goal theory  Self-efficacy theory | 228–232 |  |
| Goal-setting and motivation |  | 232–234 |  |
| Arousal and anxiety | Drive theory  Inverted ‘U’ hypothesis  Reversal theory | 234–238 |  |
| **Skill development and performance** |  | 238­–248 |  |
| Techniques for skill development | Repetition  Mental imagery  Attention control | 238–241 |  |
| Role of coaches |  | 241–243 |  |
| Team cohesion and performance |  | 243–245 |  |
| Aids and barriers to team cohesion |  | 245–248 |  |
| **Problems in sports** |  | 248–258 |  |
| Stress and chronic injury | Stress-based model  Grief reaction response  Cognitive appraisal | 248–251 |  |
| Reasons for using drugs |  | 251–253 |  |
| Effects of drugs |  | 253–255 |  |
| Causes and prevention of burnout | Cognitive-affective stress model  Negative training stress model  Investment model | 255–258 |  |