

WJEC Sport Unit 2 Improving Sporting Performance Curriculum Summary

Name of unit	Unit 2: Improving Sporting Performance
Why do we study this unit?	This unit introduces learners to how different areas of sporting performance can be improved. The aim of this unit is to provide learners with the knowledge and understanding needed to be able to analyse sporting performance, identify strengths and weaknesses and plan for improvement.
By the end of the unit, students will be able to....	Students will be able to understand the factors affecting sporting performance and how to analysis of sporting performance
Links to previous units	
Key vocabulary	Physiological, Components, Composition, Lifestyle, Psychological, Motivation, Anxiety, Technical.
Week and summary topic	Knowledge and skills learned
1: Physiological factors affecting performance in sport	Learners should know and understand the following physiological factors and how they impact on performance: <ul style="list-style-type: none"> ● Lifestyle – diet and nutrition, hydration, preparation and recovery, sleep patterns, alcohol, smoking, illegal drug taking, age, health and fitness ● Body composition - body types, body weight, body fat and muscle ● Components of health and fitness – cardio-vascular endurance, muscular endurance, flexibility, muscular strength and agility, balance, co-ordination, reaction time, power and speed.
2: Psychological factors affecting performance in sport	Learners should know and understand the following psychological factors and how they impact on performance: <ul style="list-style-type: none"> ● Motivation – definition and types (intrinsic and extrinsic) ● Anxiety – the causes and symptoms of: ● Somatic anxiety (physical effects) – e.g. increased heart rate, increased breathing rate, sweating, nausea and butterflies in the stomach

	<ul style="list-style-type: none"> ● Cognitive anxiety (mental effects) – e.g. difficulty concentrating, increased number of negative thoughts and increased feelings of worry.
<p>3: Technical factors affecting performance in sport</p>	<p>Learners should know and understand the following technical factors and how they impact on performance:</p> <ul style="list-style-type: none"> ● Technique – including definition and benefits of improving technique for sports performers (improved outcomes, more consistent, efficient and effective actions, more options available during performance and a reduced risk of injury) ● Strategies/game plans – including definition and factors that affect decisions regarding strategies/game plans (strengths and weaknesses of sports performer or team and opponents, player selection, external factors such as the weather or condition/type of playing surface, importance of result) ● Tactics – individual and team - including definition, examples of tactics that can be used to facilitate a strategy/game plan in team or individual sports (examples of how tactics can be changed during a sporting performance in response to the changing game or race situation, player injury or changes in external factors such as the weather or the playing conditions).
<p>4: Measuring the physiological, psychological and technical factors affecting sporting performance</p>	<p>Learners should be able to identify the appropriate test to measure the components of physiological, psychological and technical factors.</p> <p>Physiological:</p> <ul style="list-style-type: none"> ● Fitness tests to measure agility, balance, reaction time, coordination, power, speed, strength, flexibility and endurance ● Health tests/screening to measure body composition, blood pressure and heart rate ● Lifestyle questionnaire ● Calories energy balance, nutrition and hydration. <p>Psychological:</p> <ul style="list-style-type: none"> ● Visual or video observations to assess levels of motivation before and during sporting performance ● Interviews with performers to assess levels of motivation and anxiety before and during sporting performances ● Diary completed by performer before and after sporting performances regarding levels of anxiety and motivation ● Questionnaires to measure anxiety. <p>Technical:</p> <ul style="list-style-type: none"> ● Visual or video observations to assess level of

	<p>techniques of sports performance</p> <ul style="list-style-type: none"> ● Interviews with performers prior to sporting performance to assess knowledge and understanding of strategies/game plans in place and tactics that will be used to facilitate strategy/game plans ● Visual or video observations to identify and assess tactics used during sports performance ● Interviews with performers after sporting performance to assess level of success of strategy/game plan and tactics employed during performance.
<p>5: Analysis of performance data for improvement</p>	<p>Learners should know and understand how to analyse the areas for improvement in physiological, psychological and technical performance with the use of:</p> <ul style="list-style-type: none"> ● Qualitative and quantitative data ● Subjectivity and objectivity (strengths and weaknesses) ● Normative range tables ● Reliability and validity ● Video analysis ● Notational analysis
<p>6: Strategies for improvement of sporting performance</p>	<p>Learners should know and understand the following strategies:</p> <ul style="list-style-type: none"> ● Training programme – selection of appropriate training methods (interval and continuous) and use of training zones (aerobic and anaerobic) ● Nutrition plan – including specific or special diets (carbohydrate loading or high protein) ● Recovery methods – cool down, ice baths, massage ● Imagery/mental rehearsal ● Self-talk ● Goal setting – SMART short-term targets and long-term goals. ● Feedback – intrinsic and extrinsic, knowledge of performance (KP) and knowledge of results (KR) ● Coaching – types of guidance (visual, verbal, mechanical and manual), types of practice (whole, part, fixed and variable).