



These are the key terms from Chapter 5. Try cutting them out and then matching the key terms with their definitions or asking friends and family to test you. They could give you the key term and ask you to provide the definition or give you the definition and ask you to provide the key term.

<b>Basic skill</b>	A simple skill requiring little concentration to execute.
<b>Closed skill</b>	A skill performed in a predictable environment. For example, a player taking a penalty.
<b>Complex skill</b>	A skill requiring a lot of attention and concentration.
<b>Concurrent feedback</b>	Information a performer receives about their performance during the activity.
<b>Continuum</b>	A line with a classification extreme at each end. Skills can then be placed on the continuum; the closer they are placed to the extreme, the more like that extreme they are.
<b>Distributed practice</b>	Intervals between skill practice in a training session for rest or mental rehearsal.
<b>Extrinsic feedback</b>	Information a performer receives about their performance from a coach.
<b>Feedback</b>	Information received during or after a performance about the performance.

## 5 Sport psychology: definitions of key terms

<b>Fixed practice</b>	Repeatedly practising a whole skill within a training session.
<b>Goal setting</b>	The process of setting down targets that a performer will aim to accomplish.
<b>Guidance</b>	Information to aid the learning of a skill.
<b>High organisation skill</b>	A skill that cannot be broken down easily and practised separately because the phases of the skill are closely linked. For example, a cartwheel or a golf swing.
<b>Intrinsic feedback</b>	Information a performer receives about their performance that comes from within and is linked to how a movement feels.
<b>Low organisation skill</b>	A basic skill that can be broken down easily into different phases so each part can be practised separately. For example, a tennis serve or the front crawl swimming stroke.
<b>Manual guidance</b>	Information given to a performer to help them develop that involves them being physically moved into the correct position.
<b>Massed practice</b>	Practice that occurs without breaks between trials (practice attempts).
<b>Mechanical guidance</b>	Information given to a performer to help them develop that involves equipment to assist in the learning process. For example, using a harness in trampolining.
<b>Mental rehearsal</b>	Practising the skill in your head before actually doing it.

## 5 Sport psychology: definitions of key terms

<b>Open skill</b>	A skill performed in an unpredictable environment, where the performer has to react and adjust to the changing nature of the situation. For example, a player trying to pass the ball to a team mate who is trying to get free from the opposition.
<b>Psychological warm-up</b>	A performer gets mentally ready to give their very best.
<b>Skill</b>	A skill in physical activity is a specific and defined task that can be learned and practised.
<b>SMART targets</b>	An acronym used to guide the setting of effective goals. SMART targets are <b>S</b> pecific, <b>M</b> easurable, <b>A</b> chievable, <b>R</b> ealistic and <b>T</b> ime-bound.
<b>Terminal feedback</b>	Information a performer receives about their performance after the activity has been completed.
<b>Variable practice</b>	A training session that includes frequent changes of task so that the skill can be repeated in different situations.
<b>Verbal guidance</b>	Information given to a performer to help them develop that they can hear. It involves someone telling them something. For example, a coach explaining how to perform a technique.
<b>Visual guidance</b>	Information given to a performer to help them develop that they can see. For example, through demonstrations.