

## **Year 9 – BTEC Sport – Knowledge Questions**

### **Psychology - Knowledge Questions**

#### **Motivation**

1. Identify the two types of motivation
2. Describe what intrinsic motivation is.
3. Describe what extrinsic motivation is.
4. How are the two types of motivation different?
5. Identify an example for each type of motivation
6. What are the 5 benefits of motivation?
7. One of the benefits is 'Overcoming adversity'. What is adversity? And why is this important

#### **Confidence**

1. Define the term self-confidence
2. What is a goal?
3. Identify the 4 benefits of self-confidence
4. Identify the 5 methods to increase self confidence.
5. What does the acronym SMART stand for?

#### **Anxiety**

1. What is anxiety?
2. What are the two types of anxiety?
3. What are the two effects of anxiety?
4. Identify 2 examples for each effect of anxiety.
5. Identify 2 ways how you can control anxiety.

### **Injuries – Knowledge Questions**

1. What are the 3 common injuries?
2. What are the 4 complex injuries?
3. What is a joint?
4. What do ligaments connect?
5. What do tendons connect?
6. What are the symptoms of a \_\_\_\_\_?
7. What are the 3 types of fracture?
8. What does PRICE stand for?
9. What does SMART stand for when setting goals?
10. How do you treat a nose bleed?
11. What does DR ABC stand for?
12. What does unconscious mean?
13. When do you put someone in the recovery position?
14. When do you give CPR?
15. How many chest compressions and breaths do you give when performing CPR?
16. What information must you give when calling 999?

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### **Celebrating Leicester – Knowledge Questions**

#### **Gender in Sport**

1. What does gender equality mean?
2. What factors are causing gender inequality?
3. What more could sports and Governing Bodies do to make sports equal?
4. How does the media influence genders in sport?
5. How does gender inequality impact sport and what could we do to tackle it?

#### **Racial equality in Sport**

1. Identify 2 issues around race and discrimination in sport
2. Why do sports performers take the knee?
3. What does the term 'race' mean?
4. Give one example how sport can influence race and discrimination in a positive way
5. Give one example how sport can influence race and discrimination in a negative way
6. What should you do if you experience, or are a witness to a racist incident?
7. What is the difference between conscious and unconscious bias?

### **Leadership – Knowledge Questions**

1. What are the 2 forms of communication?
2. How do you show active listening?
3. What does SMART stand for when setting targets?
4. What do you need knowledge of when you are a leader?
5. What are the 3 components/parts to a PE lesson?
6. What are the 2 personality types?
7. What are the 3 leadership styles?
8. What are the 2 types of motivation?