

SPORT STUDIES - R185



Topic 1 - Key Components of Performance

Tactics v Strategy

Creativity & Decision Making

Individual Performance & Team Performance



Topic 2 - Applying Practice to Improve Sporting Activity

Strengths & Weaknesses

Types of Practice

Measuring Improvement



Topic 4 - Leading a Sports Activity Session

Leadership Styles

Delivery Styles

Communication & Motivation Skills



Topic 3 - Organising a Sports Activity Session

Safety Considerations

Objectives to Meet

Factors When Planning



Topic 5 - Reviewing Own Performance in Planning & Leading Sports Activity Session

Reviewing Planning

Reviewing Leadership

