

BTEC Sport Unit 4-Sports Leadership

Learning aim B

What psychological factors can impact sports leadership?

External

Group/team cohesion	How well a group can stick together and stay united to achieve their aims and objectives
Social loafing	Some individuals in a group seem to lose motivation. It is apparently caused by the individual losing identity when placed in a group. The withdrawal of effort.
The Ringelmann effect	This occurs when individual performances decrease as the group sizes increase.
Personalities	Introvert-quiet and shy Extrovert-loud and outgoing
Confidence	Feeling sure of yourself and your abilities
Motivation	The drive to succeed. Intrinsic-motivation from within External-need to be given rewards
Anxiety and arousal	Arousal- A state of alertness. Inverted U theory. Anxiety- A negative emotional state associated with feelings of nervousness, apprehension or worry. Strategies to control arousal.

Internal

Attribution theory	A motivational tool where people use reasons for success or failure and how they felt at these times to motivate them.
Self esteem	Confidence in your own ability
Past experiences	Think about how your past experiences impact your level of confidence.
Self serving bias	An enhanced view of yourself to protect self esteem. Take credit for your successes, blame others for your failure.
Behaviour; intentional and accidental	Behaviour that is intentional is likely to be attributed to the person's personality, and behaviour which is accidental is likely to be attributed to situation / external causes.

Why are psychological factors important?

- Safety
- Environment
- Outcome
- Participant interaction

What is leadership?

Strong relationship building
A clear vision
A positive and assertive personal image
A positive attitude
The ability to learn from failure
Planning, organising and setting clear objectives
Decision making and finding solutions
perseverance

What are the different types of leadership?

Situational-To be effective, leadership behaviour should change from situation to situation. The same styles are unlikely to work with year 7 as with first year elite students.

Transformational-Using the leaders own intrinsic motivation to inspire others to go further than they are capable of. A shared vision is very important.

Transactional

1. Goal orientated
2. Uses small goals to reach final goal
3. Uses reward and punishment to gain trust