



Revision Series 2022

AQA A-Level Physical Education

Sport Psychology

◆ Notes pages ◆



The EverLearner

Welcome to the 2022 Revision Series for AQA A-Level Physical Education! We hope you find it useful. Before we start, please make sure you have all of the documents below, as they will be great help for your revision:

-  Notes pages
-  Practice questions
-  Mark schemes
-  Model answers
-  Infographics
-  Revision timetable

You will find all these documents on our [AQA A-Level PE Revision page](https://pages.theeverlearner.com/2022-aqa-a-level-pe-revision) (<https://pages.theeverlearner.com/2022-aqa-a-level-pe-revision>).



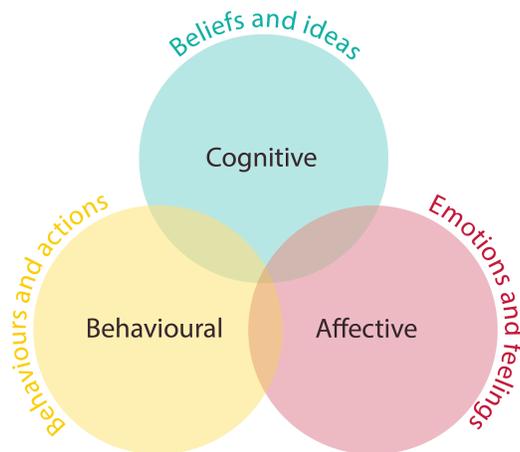
Triadic model of attitudes

Attitude

- Predisposition to act in a particular way towards something or someone in a person's environment
- Behaviour/ feelings and beliefs towards an attitude object

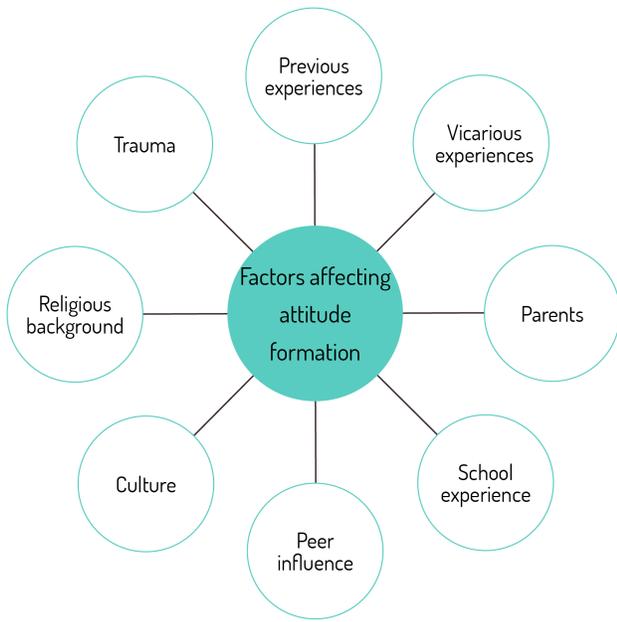
Notes

The Triadic Model of Attitudes



Notes



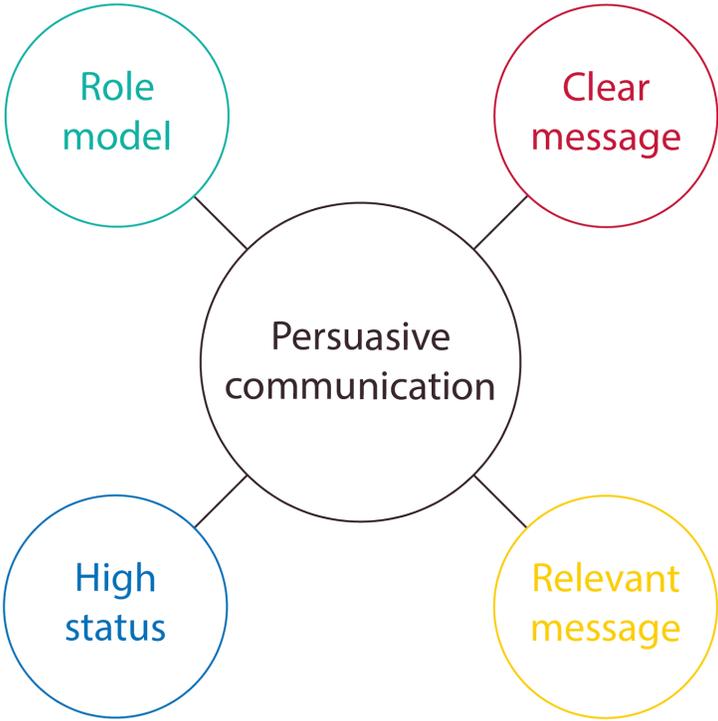


Notes

Cognitive dissonance theory



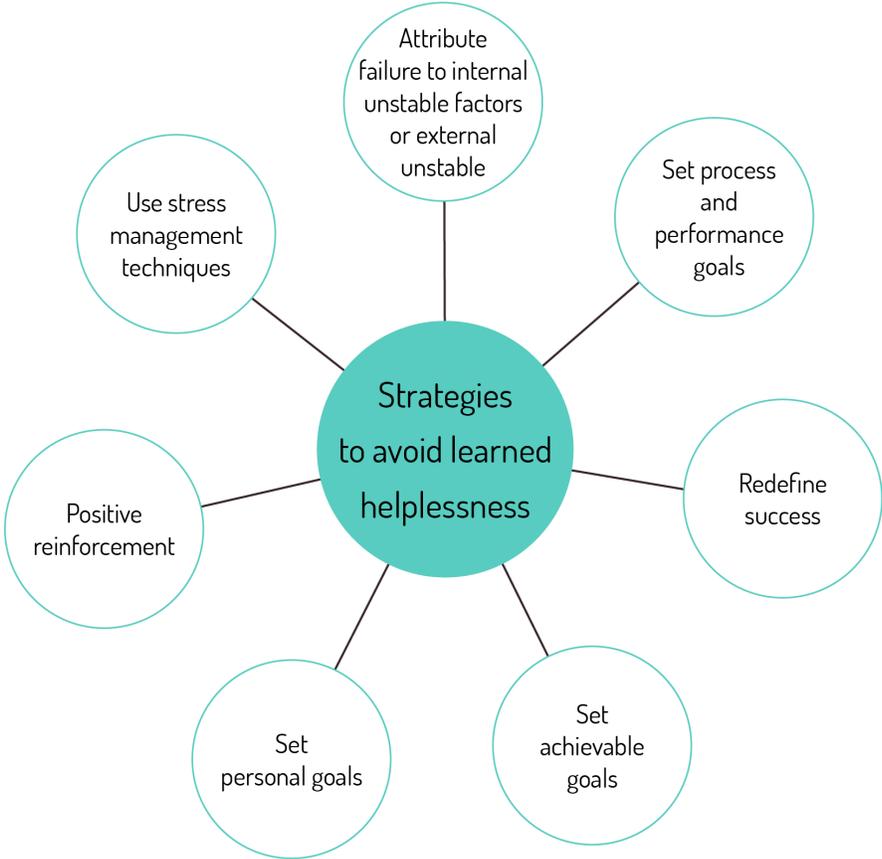
Persuasive Communication



Notes



Strategies to avoid learned helplessness

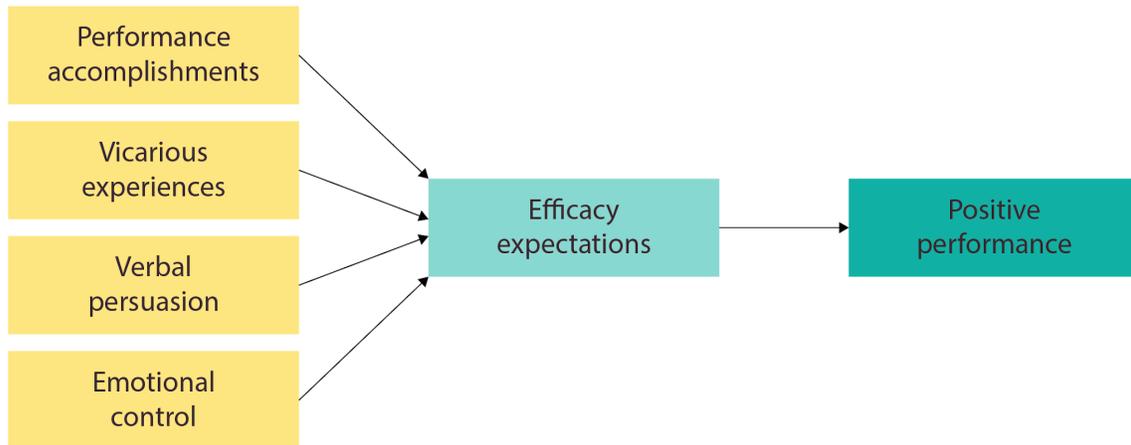


Notes



Bandura's model of self-efficacy

Bandura's Theory of Self-Efficacy



Notes



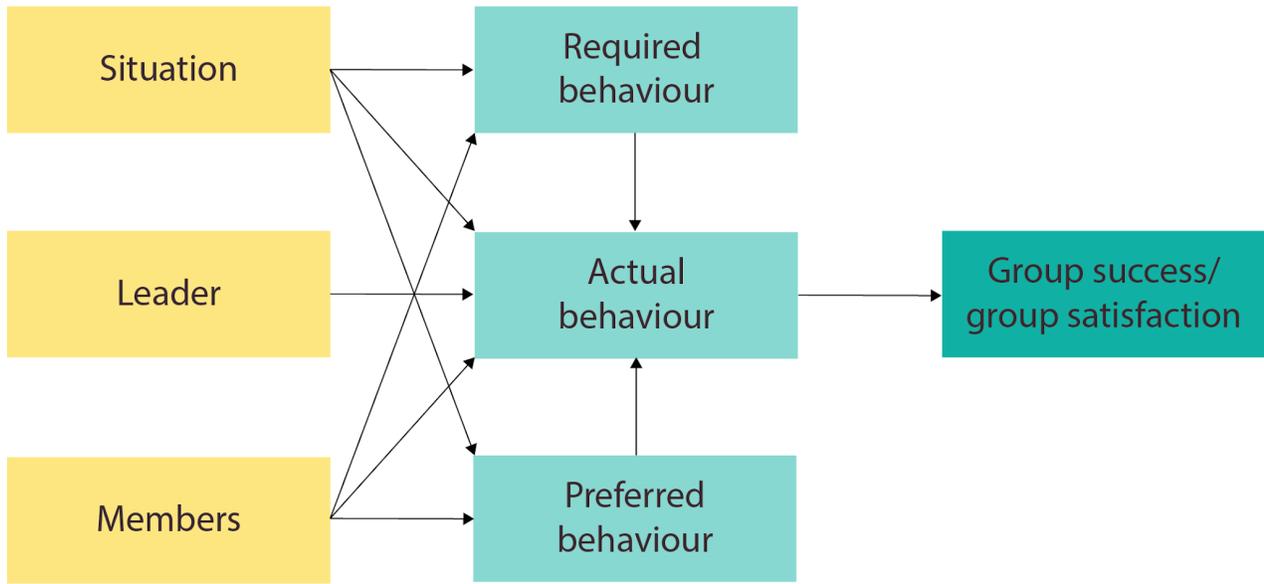
Theories of leadership in different sporting situations



Notes



Chelladurai's Multi-dimensional Model of Leadership



Notes

