

<p><b><u>Effects of Exercise on Health &amp; Well-Being</u></b></p> <p>Physical:</p> <p>Emotional:</p> <p>Social:</p>	<p><b><u>Participation Rates &amp; Trends</u></b></p> <p>5 Personal Factors which affect Participation SAGED</p> <p>Their Barriers to Participation</p>	<p><b><u>Commercialisation</u></b></p> <p>What is Commercialisation?</p> <p>What is the Golden Triangle?</p> <p>Advantages for sport:</p> <p>Advantages for spectator:</p> <p>Advantages for players:</p> <p>Advantages for Sponsors:</p>	<p><b><u>Commercialisation</u></b></p> <p>Disadvantages for sport:</p> <p>Disadvantages for spectator:</p> <p>Disadvantages for players:</p> <p>Disadvantages for Sponsors:</p>
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**GCSE PE – Socio-Cultural Revision Sheet**

<p><b><u>Sporting Behaviour</u></b></p> <p>Deviance - Explain &amp; Example</p> <p>Negative Deviance – Explain &amp; Example</p> <p>Gamesmanship – Explain &amp; Example</p> <p>Sportsmanship - Explain &amp; Example</p> <p>Reasons for Deviance &amp; Gamesmanship:</p> <p>Consequences &amp; Preventing:</p>	<p><b><u>Mental Rehearsal</u></b></p> <p>Explain and list benefits</p> <p><b><u>SMART Targets</u></b></p> <p>List &amp; explain</p>	<p><b><u>Classification of Skill</u></b></p> <p>Draw &amp; explain 3 continuum</p>	<p><b><u>Types of Guidance (4)</u></b></p> <p>List &amp; explain</p> <p><b><u>Types of Feedback</u></b></p> <p>Explain</p> <p>Concurrent:</p> <p>Terminal:</p> <p>Intrinsic:</p> <p>Extrinsic:</p> <p><b><u>Types of Practise(4)</u></b></p> <p>List &amp; explain</p>
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