

## **GENERIC TOPICS – WSF LEVEL 2- PRE-COURSE READING**

All participants are required to have basic knowledge and understanding of the following subjects before attending a WSF Level 2 Coaching Course

### **PSYCHOLOGICAL SKILLS**

#### **Section 1: Introduction**

- What Is Mental Preparation and Why Is It Important?
- Ideal Performance State
- The Role of the Coach in Mental Preparation

#### **Section 2: Improving Attention Control**

- What is Attention Control, and Why is it Important to Performance?
- Self Awareness and Mental Preparation
- Basic Skills for Improving Focus and Concentration
- Positive Self-Talk and Thought-Stopping

#### **Section 3: Improving Emotional Control**

- What are Emotions, and Why Are They Important for Performance?
- What is Anxiety?
- What Is Stress, and How Does It Relate to Anxiety?
- The Relationship between Arousal and Performance - Inverted U Theory
- Breathing Control
- Visualization Exercises

#### **Section 4: Setting Goals and Motivation**

- Principles of Goal Setting
- Motivation – Intrinsic and Extrinsic

### **PHYSIOLOGICAL SKILLS**

#### **Section 1: Introduction**

- What is fitness
- Principles of training
  - Individualisation
  - Adaptation
  - Overload
  - Specificity
  - Progression
  - Reversibility

## **Section 2: Components of Physical Skills**

- Cardio Vascular Endurance (CVE)
- Speed and Speed Endurance
- Strength and Strength Endurance
- Power
- Flexibility
- Agility
- Balance
- Co-ordination
- Reaction Time

## **Section 3: The Energy System**

- Aerobic
- Anaerobic (alactic and lactic)

## **Section 4: Fitness tests**