GCSE Physical Education – Sports Psychology (Types of guidance and Types of feedback)

Types of guidance

Performers need guidance to acquire and improve their skills. Visual, verbal, manual and mechanical guidance are used in different situations and to support performers in a range of different ways There are FOUR different types of guidance:

1. Visual (Watching something)
2. Verbal (Hearing something)
3. Manual (Physical help with something)
4. Mechanical (Using equipment to help)

Types of feedback

Feedback tells performers how well they performed or are performing. It can focus on knowledge of results or knowledge of performance and can be intrinsic or extrinsic, positive or negative. There are SIX types of feedback:

1. Intrinsic (The performers 'feeling' of the skill completed)
2. Extrinsic (Feedback from external sources e.g: coach / video)
3. Knowledge of performance (How well the movement is performed)
4. Knowledge of results (How the performance was judged in competition)
5. Positive (Feedback that encourages the performer to continue/rewards)
6. Negative (Focuses on the errors in the performance)

Advantages and disadvantages

Visual Guidance:

Advantages	Disadvantages
Good for beginners	Demonstrations could be incorrect
Easy to remember	Do not get the 'feel' of the movement
Can be motivating	Too difficult to understand
Quick and effective	Demotivating to see it done so easily
Limits the learning of bad habits	

Verbal Guidance

Advantages	Disadvantages
Quick and immediately given	Wrong information can be given
Good for developing skilled movements	May lead to misunderstanding and confusion
Can be motivating and help develop greater understanding	Difficult to create a mental picture

Manual Guidance

Advantages	Disadvantages
Helps confidence and self-efficacy	Can limit the kinaesthetic sense of the skill
Gives you a Kinaesthetic sense (feel) for the skill	Performer can be come over reliant on guidance
Increases safety for the performer	

Mechanical Guidance

Advantages	Disadvantages
Can give confidence/ security to the performer	Can lead to over reliance on the equipment
Allows some idea of the kinaesthetic sense (feel) of the skill	Can limit the kinaesthetic sense of the skill

Examples of Feedback

Intrinsic Feedback

A swimmer is performing the breaststroke. As they are in the water they feel the action of their legs and they know they are doing well. The leg action feels smooth and correct and it propelling them through the water. The performer now knows that they need to keep on doing this and not change anything.

Extrinsic Feedback

During a football game the player is consistently being caught out by the opposition player. Because they are in the game they cannot see how to rectify it. The manager on the sideling recognises this and gives them instructions on what they can do to get better.

Knowledge of Performance

An athlete has just completed their high jump. They go over to their coach who tells them the technique needs improving in the take-off phase. The coach talks it through with the performer who then knows how to correct it in the next attempt as the coach has the knowledge to help them.

Knowledge of results

A Gymnast performs their routine. Because of the performance they are not quite sure whether they have done well or not. The results come in – if they are high then they know they have performed well, if they are low they know it has been poor.

Positive Feedback

A cross country runner has just completed their race. They look at their time and they see it is a personal best. Their coach comes up to them and tells them they ran a fantastic race. The praise they receive is known as POSITIVE FEEDBACK

Negative Feedback

You are in a tennis match and you are playing poorly and you end up losing to an opponent who is ranked well below you. After the game you see your coach who tells you off for playing badly and then runs through everything you did wrong. This is known as NEGATIVE FEEDBACK