

A group of cyclists are shown in a race, leaning forward on their handlebars. The cyclist in the foreground is wearing a black jersey with 'NEAR' and 'CANYON' logos, a black helmet, and yellow-tinted sunglasses. Other cyclists in blue and white jerseys are visible behind him. The background is a blurred green landscape.

PSYCHOLOGY OF SPORTS PERFORMANCE

UNIT TITLE: Psychology of Sports Performance

OUTCOME(S): Outcome 1

ASSESSMENT: 1

COMPLETED BY: Name:

Date:

Signature:

ASSESSED BY: Tutor Name:

Date:

Signature:

ASSESSMENT INSTRUCTIONS

- You will have a maximum of 60 minutes to complete this assessment.
- You may use the following equipment or resources during this assessment:

This is a closed book extended response assessment. In which you must write 800 words. There are no permitted materials you may use.

- **To achieve a pass you must obtain 70% (31/43) and half overall marks for each question.**

Identity and describe theories of Achievement Motivation and their application.

1. Define motivation, and describe practical implication and application for its role within sports coaching.

Within your answer you should look to include the following

- Definition of Motivation, including Intrinsic and Extrinsic motivation. **(3)**
- Definition of Achievement motivation and the theories associated **(6)**
- Description of practical implication and application for its role within sports coaching. **(3)**

2. Attribution theory is how person(s) explain their success and failures. Identify the stages involved and use sporting examples to justify your answer.

Within your answer you should look to include the following:

- Identification of the 6 aspects involved. **(3)**
- Sporting examples to explain your answer. **(6)**
- Description of practical implication and application for its role within sports coaching. **(3)**

Total / 12

Pass / Fail

3. Define Need Achievement Theory, and describe practical implication and application for its role within sports coaching.

Within your answer you should look to include the following

- Definition of Need Achievement Theory, including the 5 components involved. **(6)**
- Description of practical implication and application for its role within sports coaching. **(3)**

Total / 9

Pass / Fail

4. Explain Task Goal theory and Cognitive evaluation approach. Describe practical implication and application for its role within sports coaching.

Within your answer you should look to include the following

- Explanation of Task Goal Theory (1)
- Explanation of Cognitive evaluation approach (1)
- Description of practical implication and application for its role within sports coaching. (2)

Total / 4

Pass / Fail

5. Explain Goal setting and describe practical implication and application for its role within sports coaching.

Within your answer you should look to include the following

- How would you evidence effective goal setting? **(1)**
- Provide an example of how the application of goal setting can enhance achievement motivation. **(1)**
- List 4 goal setting guidelines and Describe common problems with each process

(4)

UNIT TITLE: Psychology of Sports Performance

OUTCOME(S): O2 – Analyse key factors in Sport Psychology

ASSESSMENT: Extended Response – 1500 words

COMPLETED BY:

Name:

Date:

Signature:

ASSESSMENT INSTRUCTIONS

- You must submit this assignment no later than_____.
- You may use the following equipment or resources during this assessment:

This is an open book assessment. There are no restrictions on the materials you may use.

Etc.

- This assessment will be graded Pass or Fail
- To achieve a pass you must complete the question satisfactory including conclusion and references

Outcome 2

Instruments of Assessment

In relation to a sport of your choice analyse the role of the following key psychological factors. The candidate will be required to –

- (i) Analyse the concept of anxiety and its relationship to sports performance.
- (ii) Explain the relationship between confidence and sports performance.
- (iii) Explain the role of effective concentration in sports performance.

Outcome 2 will be assessed by a written report, in which the candidate analyses key factors in sport Psychology.

To achieve this outcome candidates will be required to produce written evidence in the region of 1500 words.

UNIT TITLE: **Psychology of Sports Performance**

OUTCOME(S): O3 – Describe and apply a range of psychological skill training methods

ASSESSMENT: 1500 word project

COMPLETED BY: **Name:**

Date:

Signature: _____

ASSESSMENT INSTRUCTIONS

- You must submit this assignment no later than_____.
- You may use the following equipment or resources during this assessment:

This is an open book assessment. There are no restrictions on the materials you may use.
Etc.

- This assessment will be graded Pass or Fail
- To achieve a pass you must complete the question satisfactory including conclusion and references

Outcome 3

Instruments of Assessment

For this assignment you are being asked to undertake a project where you describe and apply a range of mental training methods. This will involve the practical application of psychological techniques with a performer. Your tutor will observe this process using video or observational evidence to provide feedback.

The following suggested structure outlines how you may identify and describe the most appropriate mental training methods for a given individual by...

- Preparing a psychological profile for an individual performer;
- Designing an appropriate Mental Training Programme for an individual performer.

You may wish to include/consider the following areas within your project?

- Anxiety Management Techniques.
- Attention Control Methods.
- Motivational Factors
- Enhancing Confidence.
- Psychological Profile.
- Designing Psychological Skills Training Programme.

Your project should be 1500 words in length

SUGGESTED ASSESSMENT ANSWERS

UNIT TITLE: Psychology of Sports Performance

OUTCOME(S): Outcome 1

ASSESSMENT: 1

COMPLETED BY: Student Name:

Date:

Signature:

Identity and describe theories of Achievement Motivation and their application.

1. Define motivation, and describe practical implication and application for its role within sports coaching.

Within your answer you should look to include the following

- Definition of Motivation, including Intrinsic and Extrinsic motivation. **(3)**
- Definition of Achievement motivation and the theories associated. **(6)**
- Description of practical implication and application for its role within sports coaching. **(3)**

Answers to include but not exhaustive:

- ***The direction and intensity of one effort***
- ***Strive to be successful, what obstacles have been overcome and the persisting in the task. The sense of achievement on completing the task.***
- ***Attribution theory***
- ***Task Goals Orientation***
- ***Need achievement theory***
- ***Cognitive theory***
- ***Goal setting***
- ***Goal that come from within, anything that allows the individual needs to goals For example best swimmer in team***
- ***Goals that come out with the individual Competing for money etc***

2. Attribution theory is how person(s) explain their success and failures. Identify the stages involved and use sporting examples to justify your answer.

Within your answer you should look to include the following:

- Identification of the 6 aspects involved. (3)
- Sporting examples to explain your answer. (6)
- Description of practical implication and application for its role within sports coaching. (3)

Stable	=	good ability
Unstable	=	good luck
Internal	=	tremendous effort
External	=	easy field of competitors
Factor of control	=	your race plan
Factor outside of control	=	opponents lack of training

(For example – I have a stable attribute due to my ability within swimming training and preparations.)

I was lucky in that swimming race to win. (Unstable)

I won the swimming race due to my tremendous effort over the last 25 meters. (Internal factor)

I won my race because the people I was swimming against were not very good. (External)

I won the Motor race due to my strategy throughout the race of when to stop and get fuel on board. (Factor of Control)

During my weight lifting competition, I do not know what my competitor training was like and unsure what he can lift. (Factor outside control)

3. Define Need Achievement Theory, and describe practical implication and application for its role within sports coaching.

Within your answer you should look to include the following

- Definition of Need Achievement Theory, including the 5 components involved. (6)
- Description of practical implication and application for its role within sports coaching. (3)

- ***How the personal and situational factors are predictors of behaviour.***
- ***Personal Motives***
- ***Situational factors***
- ***Resultant tendencies***
- ***Emotional reactions***
- ***Achievement related behaviours***
- ***Personal Motives is the capacity to experience pride in accomplishments.***
- ***How you feel when you achieve something (winning a race)***
- ***Situational factors are the probability of success in task and incentive. Your chance of winning against a novice would be greater than playing against Andrew Murray in tennis.***
- ***Resultant Tendencies is a person achievement motives levels in respect of the situation . High achievers look for a challenge to prove themselves. Low achievers avoid challenge and look for easy task where task are guaranteed to fail or succeed. Celtic losing to Clyde in Scottish cup or Clyde beating Celtic.***
- ***Emotional Factors is how much pride or shame is experienced in undertaking a challenge. Andrew Murray winning a major, or losing to some unknown tennis player.***

- ***Achievement behaviour is how the four aspects interact to influence behaviour. What task a person looks for. An up coming boxer looking to fight well known fighter, or not looking to challenge self and fights within his level.***

Total / 9

Pass / Fail

4. Explain Task Goal theory and Cognitive evaluation approach. Describe practical implication and application for its role within sports coaching.

Within your answer you should look to include the following

- Explanation of Task Goal Theory (1)
- Explanation of Cognitive evaluation approach (1)
- Description of practical implication and application for its role within sports coaching. (2)

- Task goals are the comparing performance with personal standards.
- They want to improve strength and physiques (task goal orientations) this focus on improving past performances.
- Dealing with the effect of extrinsic rewards on motivation
- A person competing solely in sport for money and how this effects their personal motivation. i.e being self determined

Total / 4

Pass / Fail

5. Explain Goal setting and describe practical implication and application for its role within sports coaching.

Within your answer you should look to include the following

- How would you evidence effective goal setting? (1)
- Provide an example of how the application of goal setting can enhance achievement motivation. (1)
- List 4 goal setting guidelines and Describe common problems with each process (4)

- ***Improvement in task / outcome of goals***
- ***It can work to improve motivation by setting specific tasks, improving effort, it directs attention, mobilize performance efforts, prolong persistence, develop new learning strategies***
- ***Set specific goals***
- ***Set moderately difficult but realistic goals***
- ***Set short and long term Goals.***
- ***Set performance and process, as well as outcome goals***
- ***Set practice and competition goals***
- ***Record goals***
- ***Develop goal achievement strategies***
- ***Consider the participants personality and motivation***
- ***Foster an individual goal commitment***
- ***Provide goal support***
- ***Provide evaluation of and feedback about goals***
- ***Failing to set specific goals***
- ***Setting too many goals too soon***
- ***Failure to recognize individual differences***
- ***Not providing follow up and evaluation***

SUGGESTED ASSESSMENT ANSWERS

UNIT TITLE: Psychology of Sports Performance

OUTCOME(S): O2 – Analyse key factors in Sport Psychology

ASSESSMENT: Extended Response – 1500 words

COMPLETED BY: Student Name:

Date:

Signature:

Outcome 2

Instruments of Assessment

In relation to a sport of your choice analyse the role of the following key psychological factors. The candidate will be required to –

- (iv) Analyse the concept of anxiety and its relationship to sports performance.

Trait and State anxiety
Multidimensional anxiety theory
Anxiety Symptoms
The stress process
Inverted U Theory
Hannin's Zones of Optimal Functioning
Catastrophe theory
Influence of Perception of anxiety symptoms

- (v) Explain the relationship between confidence and sports performance.

Self-efficacy theory;
Sport Confidence Theory;
Relationship between confidence and sports Performance

- (vi) Explain the role of effective concentration in sports performance.

Components of attention;
Categories of attentional focus;
Shifting attentional focus;
Characteristics of effective concentration;
Common attentional problems and distractions.

Outcome 2 will be assessed by a written report, in which the candidate analyses key factors in sport Psychology.

To achieve this outcome candidates will be required to produce written evidence in the region of 1500 words.

SUGGESTED ASSESSMENT ANSWERS

UNIT TITLE: Psychology of Sports Performance

OUTCOME(S): O3 – Describe and apply a range of psychological skill training methods

ASSESSMENT: 1500 word project

COMPLETED BY:

Name:
Date:
Signature:

Outcome 3

Instruments of Assessment

For this assignment you are being asked to undertake a project where you describe and apply a range of mental training methods. This will involve the practical application of psychological techniques with a performer. Your tutor will observe this process using video or observational evidence to provide feedback.

The following suggested structure outlines how you may identify and describe the most appropriate mental training methods for a given individual by...

- **Preparing a psychological profile for an individual performer;**
- **Designing an appropriate Mental Training Programme for an individual performer.**

You may wish to include/consider the following areas within your project?

You may wish to include/consider the following areas within your project?

Anxiety Management Techniques.

***The Matching Hypothesis;
Progressive muscular Relaxation;
Meditative relaxation;
Cognitive-Affective stress management training;
Systematic Desensitisation;
Biofeedback;
Simulation Training;
Cognitive re-structuring;
Imagery.***

Attention Control Methods.

***Self-talk;
Imagery;
Performance Routines;
Attentional training.***

Motivational Factors

***Goal setting;
The success cycle;
Feedback and Reinforcement.
Enhancing Confidence:
Imagery;
Performance Accomplishments;
Self talk;
Verbal Persuasion.***

Enhancing Confidence.

***Imagery;
Performance Accomplishments;
Self Talk;
Verbal Persuasion.***

Psychological Profile.

***Performance Profiling;
Anxiety & confidence assessment using CSAI II/ Modified CSAI II (After Jones, 1993).
Assessing attention/concentration style (e.g. Niddiffers' TAIS).***

Designing Psychological Skills Training Programme.

***Related to Subjects Psychological Profile;
Choice of Interventions Justified.***

