

BTEC Sport Level 3 National Extended Certificate

Summer Work

Vocational Scenario or Context

As a student actively involved in sport, and looking to become involved in coaching as a career option, you have been approached by a local sports club to help assist in trying to improve the performance of a team. Specifically you have been asked by the team manager to look at psychological factors that can influence performance. You have been asked to write a report summarising your findings to the club.

Task

Describe how personality and motivational factors may impact on sports performance.

Describe how differing levels of arousal, anxiety and self-confidence can affect sports performance.

Explain how personality and motivational factors may impact on sports performance.

Explain how control of arousal, anxiety and stress and self-confidence can impact on sports performance.

Analyse the relationship between motivational factors, anxiety and stress and self-confidence and their impact on sports performance.

Journals

Applied Sport Psychology

International Journal of Sports Science and Coaching

Journal of Applied Sport Psychology

Websites

BBC Sport www.bbc.co.uk/sport

British Association of Sport and Exercise Sciences www.bases.org.uk

Istadia www.istadia.com

Mind Tools www.mindtools.com



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