BTEC Assignment Brief

Qualification
Pearson BTEC Level 3 National Extended Certificate in Sport
Pearson BTEC Level 3 National Foundation Diploma in Sport

Unit number and title
Unit 6: Sports Psychology

Learning aim(s) (For NQF only)
A: Understand how personality, motivation and competitive pressure can affect sport performance

Assignment title
Investigating psychological principles affecting sports performance.

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 1
A report that investigating the psychological influences on sports performance.

In your report you are required to investigate the theoretical principles surrounding Personality, Motivation, Arousal, Attention, Stress and Confidence. You are to structure your report in six separate sections as outlined below. Each section should describe, explain and analyse how each of the topic areas may impact performance in sport and the relationship between them.

A summary of the suggested content for each section follows:

Section 1: Personality factors and assessment of personality
- Personality traits
- Situational or social learning theory
- Interactional theory
- Assessment of personality

Section 2: Motivational factors
- Types of motivation
- Achievement motivation
- The effect of the environment on motivation
• The influence of coach, teacher or instructor on motivation
• Mastery climate
• Competitive climate
• Attribution theory

Section 3: Performance relationship theories under competitive pressure
• Drive theory
• Inverted U hypothesis
• Catastrophe theory
• Individual zones of optimal functioning

Section 4: Attentional focus and sports performance under competitive pressure
• Attentional cues
• Types of attentional focus (broad, narrow, internal, external).
• Shifting attentional focus.
• Attentional strategies – associative, dissociative.
• Causes of attentional problems
• Choking
• Effect of different arousal levels on attentional focus.

Section 5: Stress, anxiety and sports performance under competitive pressure
• Definitions to consider the following:
  • Stress
  • Anxiety
  • Types of stress – eustress and distress
  • Types of anxiety – state and trait, cognitive, somatic and behavioural
• Four stages of the stress process
• Increases in cortisol and adrenalin levels to mobilise the body for ‘fight or flight’
• Cognitive response and Somatic responses
• Behavioural responses
• Consequences of stress and anxiety
• Multi-dimensional anxiety theory
• Reversal theory

Section 6: Self-confidence and sports performance under competitive pressure
• Benefits of self-confidence
• Optimal self-confidence
• How expectations influence performance
• Bandura’s self-efficacy theory
• Application of model to sports performance

<table>
<thead>
<tr>
<th>Checklist of evidence required</th>
<th>A report analysing the psychological influences on sports performance covering the following theoretical areas:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Criteria covered by this task:</td>
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<td>--------------------------------</td>
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<tr>
<td><strong>Unit/Criteria reference</strong></td>
<td><strong>To achieve the criteria you must show that you are able to:</strong></td>
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<tr>
<td>6/A.P1</td>
<td>Describe how personality and motivational factors may impact on sports performance.</td>
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<tr>
<td>6/A.P2</td>
<td>Describe how differing levels of arousal, anxiety and self-confidence can affect sports performance.</td>
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<tr>
<td>6/A.M1</td>
<td>Explain how personality and motivational factors may impact on sports performance.</td>
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<tr>
<td>6/A.M2</td>
<td>Explain how control of arousal, anxiety and stress and self-confidence can impact on sports performance.</td>
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<tr>
<td>6/A.D1</td>
<td>Analyse the relationship between motivational factors, anxiety and stress and self-confidence and their impact on sports performance.</td>
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</tbody>
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**Sources of information to support you with this Assignment**


**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
| Other assessment materials attached to this Assignment Brief |   |