

Pearson L3 Nationals Diploma

Sport and Exercise Science

Unit 3: Applied Sport and Exercise Psychology

Part A

June 2017

Paper Reference

31815H

You do not need any other materials.

Instructions

- Your Unit 3 assessment task contains two parts.
- **Part A** contains a case study based on an individual who requires guidance on psychological interventions in response to psychological factors that are impacting on their performance.
- **Part A** will be released one week before your supervised assessment session (**Part B**).
- **Part A** is specific to each series and this material must only be issued to learners who have been entered to undertake the task in the relevant series.
- **Part A** should be taken over no more than six hours as timetabled by Pearson in advance of the supervised assessment period.
- You can take a maximum of two A4 sides of your research notes into the supervised assessment session (**Part B**).
- In **Part B**, you will be issued with supplementary stimulus information building on the case study information in **Part A**.
- In **Part B**, you will have two hours under supervised conditions specified by Pearson to respond to the task.
- Do **not** return research notes or **Part A** to Pearson.

Turn over ►

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Instructions to Teachers/Tutors

This paper must be read in conjunction with the unit information in the specification and the BTEC Nationals Instructions for Conducting External Assessments (ICEA) document. See the Pearson website for details.

Part A should be issued to learners one week prior to undertaking **Part B** of the assessment.

Learners will be expected to conduct research over no more than six hours. Up to two sides of A4 notes can be taken into the supervised assessment (**Part B**).

Teachers/tutors cannot give any support to learners during the production of the notes and the work must be completed independently by the learner.

Part B is taken under supervision in a single session of two hours on the timetabled date.

Centres may choose **ONE** two hour slot on either of the two dates specified by Pearson. Centres must not schedule multiple sessions as this will be considered malpractice.

Guidance for Learners

Read **Part A** information carefully as this contains the information you will need to prepare for **Part B**.

You will need to carry out your own research over one week. You may prepare short notes to refer to when completing the set task, e.g. to give specific details. Your notes may be up to two sides of A4 and may be hand written or typed. Your notes should consist only of bullet points and not extended answers.

You will then be given **Part B** to complete under supervised conditions.

You must work independently and should not share your work with other learners.

Your teacher/tutor cannot give you feedback during the completion of **Part A** and **Part B**.

Part A: Instructions

You are required to conduct research and prepare notes in response to the information provided in the case study.

You should research and prepare notes on the following areas:

- psychological factors that influence performance in sport and exercise activities
- psychological theories in relation to sport and exercise activities
- different types of psychological intervention
- possible connections between the behaviour of teams/individuals and their performance
- possible connections between psychological theories and performance in sport and exercise contexts.

Part A

Case study

Eva is a 16-year-old sprinter. She competes in the 100m for her school and county. Eva is the fastest sprinter in the county for her age group. Eva's coach puts her success down to the amount of time and effort she puts into her training and how she constantly challenges herself to improve.

Eva believes she will be successful in every race. She goes on to the track thinking that she is fitter and faster than her opponents due to her training schedule and healthy lifestyle. When Eva is on the track waiting for her race to start she does not talk to her opponents; she has an upright posture and appears calm and relaxed. When the race starts she channels all her efforts into being successful.

However, six weeks before the national schools' championships Eva suffers a minor injury during a race.