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Centre Number					Learner Registration Number				
Pearson BTEC Level 3 Nationals Diploma									

Sport and Exercise Science

Unit 3: Applied Sport and Exercise Psychology

Part B

Window for supervised period: Monday 15 January 2018 – Morning Supervised hours: 2 hours	Paper Reference 31815H
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You must have: Your research notes from Part A (maximum two A4 sides)	Total Marks
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Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and learner registration number.
- Complete **all** activities.
- Answer the activities in the spaces provided
– *there may be more space than you need.*
- Do **not** return research notes or **Part A** to Pearson.

Information

- The total mark for this paper is 60.
- The marks for **each** activity are shown in brackets
– *use this as a guide as to how much time to spend on each activity.*

Advice

- Read each activity carefully before you start to answer it.
- Try to answer every activity.
- Check your answers if you have time at the end.

Turn over ►

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Important Information

Refer to your research notes from **Part A** to complete all of the activities in **Part B**. You cannot access the internet or any other resource during the supervised assessment period (**Part B**).

You must plan your time and work independently throughout the two-hour supervised assessment period.

You will complete **Part B** under supervision.

You must not share your work with other learners.

Part A

Case study

Harvey is a 17-year-old rugby player. He is one of the best players in his college team. Harvey is a very organised person who is always early for training and matches. For every match, Harvey makes sure his rugby kit and boots are immaculate and he becomes frustrated when other players do not have the same high standards as he does.

When the rugby team train in the gym, Harvey psyches himself up to lift heavy weights and to run as fast as he can. During matches he feels so excited and energetic that he puts all his efforts into the game and is totally focused on being successful. Harvey plays in a very energetic, upbeat way and loves to tackle as hard as he can; he always targets his direct opponent with a hard but fair tackle early in a match to gain an advantage over him.

The next match for Harvey's team is a cup semi-final against their local rivals who recently beat them in a league match. In that league match Harvey had become increasingly bad tempered, had shouted at his team mates and had argued with the referee's decisions.

Part B

Case study

In the semi-final Harvey is playing in his usual energetic and upbeat way, but then he makes a bad mistake. This allows the opposition to score and take the lead. This makes Harvey very upset and angry. He becomes increasingly desperate to make up for his mistake. However, his passing becomes totally inaccurate and when he kicks the ball it goes too far. Harvey makes another mistake, then loses his temper and commits a dangerous tackle to deliberately injure an opponent. The referee sends Harvey off and the team go on to lose the match badly.

The next day Harvey has calmed down. He apologises to the coach and to his team mates. The coach tells Harvey that he is an excellent player, but his actions are harming the performance of the team. The coach suggests that it would help Harvey if he consulted a sport psychologist.

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Examine **case study Parts A and B** and answer the following:

Activity 1

Describe the psychological **factors** that impact on Harvey in both parts of the case study.

(Total for Activity 1 = 15 marks)

Activity 2

Explain how psychological **theories** can account for Harvey's experiences in both parts of the case study.

(Total for Activity 2 = 15 marks)

Activity 3

Recommend psychological **interventions** to address Harvey's needs in case study **Part B**.

In your answer you should justify any recommendations made and explain how the interventions would be implemented.

(Total for Activity 3 = 30 marks)

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Taskbook

Please do not write answers outside the spaces provided.

You must complete ALL activities in this taskbook.

Activity 1

Describe the psychological **factors** that impact on Harvey in both parts of the case study.

(15)

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(Total for Activity 1 = 15 marks)



Activity 2

Explain how psychological **theories** can account for Harvey's experiences in both parts of the case study.

(15)

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(Total for Activity 2 = 15 marks)



Activity 3

Recommend psychological **interventions** to address Harvey's needs in case study **Part B**.

In your answer you should justify any recommendations made and explain how the interventions would be implemented.

(30)

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(Total for Activity 3 = 30 marks)

TOTAL FOR TASK = 60 MARKS



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