

Please check the examination details below before entering your candidate information

Candidate surname

Other names

Pearson BTEC  
Level 3 Nationals  
Diploma

Centre Number

--	--	--	--	--	--	--

Learner Registration Number

--	--	--	--	--	--	--	--	--	--

**Wednesday 8 May 2019**

Morning (Time: 3 hours)

Paper Reference **31815H**

**Sport and Exercise Science**

**Unit 3: Applied Sport and Exercise Psychology**

**Part S**

**You do not need any other materials.**

Total Marks

### 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.*
- This booklet contains material for the completion of the set task under supervised conditions.
- This booklet 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.
- This booklet must be kept securely until the start of the 3-hour supervised assessment session.

### 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 ►

P62868A

©2019 Pearson Education Ltd.

1/1/11



  
Pearson

### Instructions to Teachers/Tutors

The set task should be completed during the three-hour session as timetabled by Pearson.

The set task must be carried out under supervised conditions.

Learners must complete this set task in the task and answer booklet.

Teachers/tutors should note that they are responsible for maintaining security and for reporting issues to Pearson. In particular:

- only permitted materials for the set task can be brought into the supervised environment
- during any permitted break and at the end of the session, materials must be kept securely and no items removed from the supervised environment.

#### Maintaining security

- During supervised assessment sessions, the assessment areas must only be accessible to the individual learners and to named members of staff.
- Learners can only access their work under supervision.
- Any work learners produce under supervision must be kept securely.
- Learners are not permitted to have access to the internet or other resources during the supervised assessment period.

After the session, the teacher/tutor will confirm that all learner work was completed independently as part of the authentication sheet submitted to Pearson.

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.

#### Outcomes for submission

Each learner must submit:

- a completed task and answer booklet.

Learners must complete a declaration that the work they submit is their own.

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



## Guidance for Learners

Read the set task information carefully.

In this booklet you will be asked to carry out specific activities using the information given.

The supervised assessment task must be taken in a single session of three hours. You may be provided with a supervised break during the assessment in addition to the specified hours.

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

There will be three activities to complete based on the case study.

These will focus on:

- the impact of psychological factors
- how psychological theories can be applied
- psychological interventions.

You will complete the activities within the set task under supervision and your work will be kept securely during any breaks taken.

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

Your teacher/tutor may clarify the wording that appears in this task but cannot provide any guidance on completion of the task.

### Outcomes for submission

You must submit:

- a completed task and answer booklet.

You must complete a declaration that the work you submit is your own.



## Set task information

### Case study

Jade plays football for her county team. She spends a lot of time training to increase her speed to help in her role as an attacking midfield player. She has improved so much over the last year that her name is now one of the first ones on the team sheet. Her coach has told her that the harder she trains the better she will be and that he picks players based on attitude and effort rather than just on talent.

After every game the coach analyses the players' performance and attributes their success or failure to certain factors. When the team wins he usually links their success to the players working harder and being more committed than their opponents. He says that 'the harder players work the luckier they get'.

When Jade plays she is always very positive and committed. During one match, she is tackled hard when she is running at full speed and breaks her leg. Jade has a three-month period of injury rehabilitation and her physiotherapist tells her that she is ready to play again. She trains for three weeks and is now fully fit. However, now she does not run at full speed because she worries about getting injured again.

Jade is selected to play in the cup semi-final. The evening before the match she cannot eat very much as her mouth is dry and her chest is tight. Also, she cannot sit still and watch television because she keeps thinking about whether she will play well or get injured again. When she goes to bed she does not sleep well and has nightmares about breaking her leg. Immediately before the match she paces around the changing room and fidgets with her football kit and boots.

When the match starts Jade relaxes and is focused and playing well. However, later in the match she is tackled badly by an opponent and lands heavily on her recently broken leg. She is not injured, but is very shaken up by the tackle and her performance is noticeably worse.

At half time Jade's coach says that he has noticed she is passing the ball too quickly so that she is not tackled and she has stopped sprinting with the ball. Jade is upset and asks if she can be substituted. She tells her coach she is scared of getting injured again and says she will never be able to play like she did before. The coach substitutes her and then suggests that it would help Jade if she consulted a sport psychologist.

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



### Set task

You must read the information carefully.

Complete all your work in the task and answer booklet in the space provided.

#### Activity 1

Describe the psychological **factors** that impact on Jade in the case study.

(Total for Activity 1 = 15 marks)

#### Activity 2

Explain how psychological **theories** can be applied to Jade's experiences in the case study.

(Total for Activity 2 = 15 marks)

#### Activity 3

Recommend psychological **interventions** to address Jade's needs in the case study.

In your answer you should justify the interventions you selected for Jade and explain how each intervention would be implemented.

(Total for Activity 3 = 30 marks)





DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

Large central area with horizontal dotted lines for writing.



Lined writing area with horizontal dotted lines.

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA





DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

Large central area with horizontal dotted lines for writing.



Lined writing area with horizontal dashed lines.

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

Large writing area with horizontal dotted lines.

**(Total for Activity 1 = 15 marks)**





DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

Large central area with horizontal dotted lines for writing.



Lined writing area with horizontal dotted lines.

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

Large central area with horizontal dotted lines for writing.



Lined writing area with horizontal dotted lines.

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA





DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

Large writing area with horizontal dotted lines.

**(Total for Activity 2 = 15 marks)**





DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

Large central area with horizontal dotted lines for writing.



Large empty rectangular area with rounded corners and horizontal dotted lines for writing.

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

Large central area with horizontal dotted lines for writing.



Lined writing area with horizontal dotted lines.

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

Large central area with horizontal dotted lines for writing.



Lined writing area with horizontal dotted lines.

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA





DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

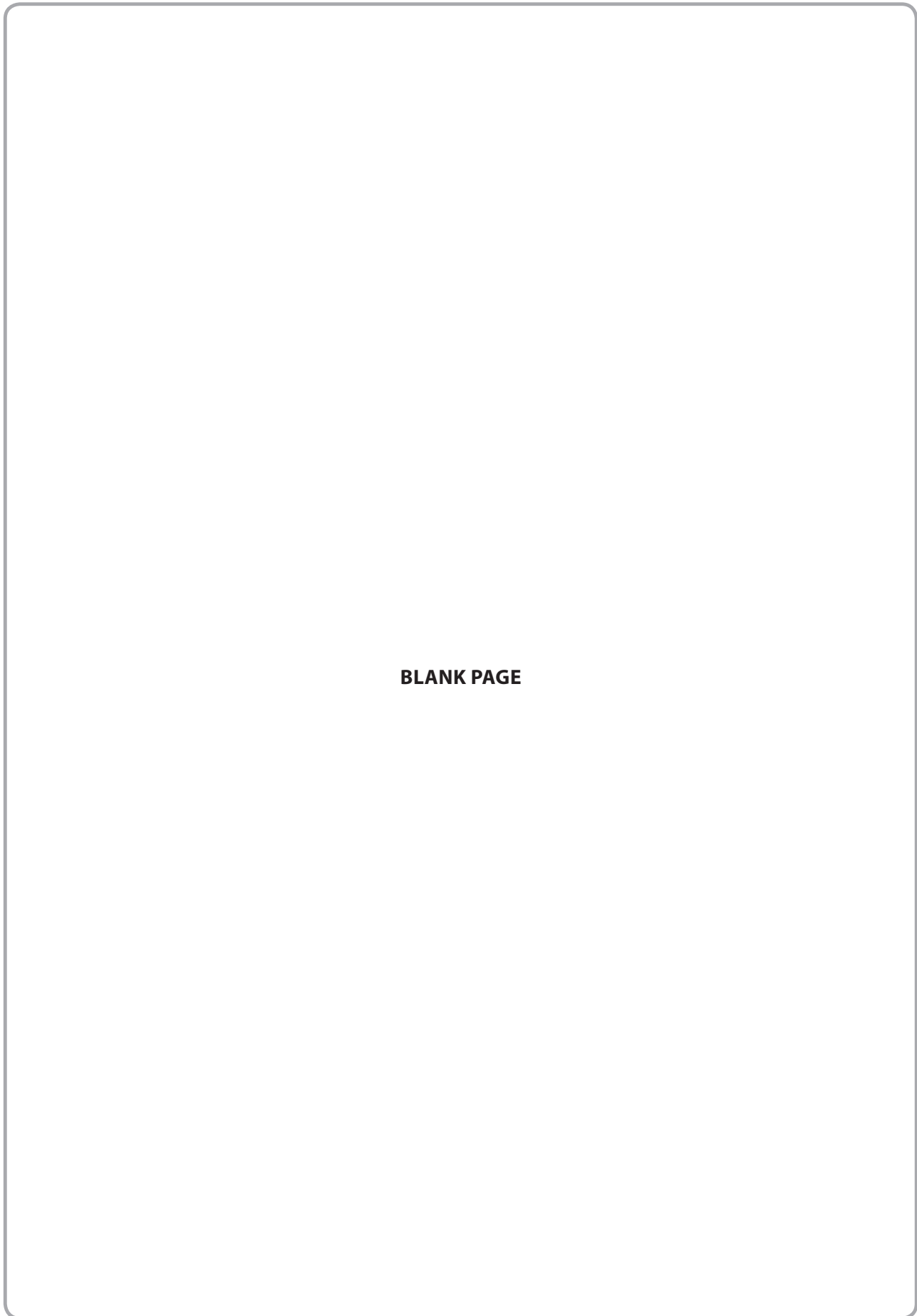
DO NOT WRITE IN THIS AREA

Large rectangular area with horizontal dotted lines for writing.

**(Total for Activity 3 = 30 marks)**

**TOTAL FOR TASK = 60 MARKS**





**BLANK PAGE**

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

**BLANK PAGE**



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

**BLANK PAGE**

