

Please check the examination details below before entering your candidate information

Candidate surname

Other names

Centre Number

Learner Registration Number

Pearson BTEC  
Level 3 Nationals  
Diploma

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**Wednesday 8 January 2020**

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 ►

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### 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 learner 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.

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## 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

Eamon is the coach of a local football team. His team has had a very poor season and finished bottom of the league. Eamon decides that he needs to improve the quality of the team and he brings in six new players.

Eamon uses pre-season training to introduce the new players and bring the team together. He makes them work in small groups and he keeps changing the groups so that the players can get to know each other and build relationships. He also organises social activities to help the bonding process.

Eamon watches the team and he notices that one of the new players, Jason, is playing very well. Jason is reliable and he communicates well, so Eamon makes him captain. However, this decision is not popular with some of the players, including Luke who was captain last season. A split develops in the team. The new players support Jason, but the players who were in the team last season still want Luke to be captain. Eamon thinks that making Jason captain will eventually help to improve the team's performance.

Eamon understands that motivation is important in a team. He wants all the players to put in maximum effort, so at the end of each match he tells each player the mark out of ten he has given him. The player with the highest mark is presented with a trophy. At the end of each month, Eamon pays for the best player in the team to go out for a meal with a friend.

However, when the season starts results are still poor because the team lose the first four matches. Eamon knows that some players are not putting in as much effort as other players. He has noticed that the players who played last season do not pass to the new players very often and they don't talk to them on the pitch. The split team have separate areas in the changing rooms, they warm up and cool down on opposite sides of the pitch and they eat post-match meals at different tables.

Eamon thinks that confidence in the team is low and he calls a meeting to discuss team performance and group dynamics. The players argue about tactics, selection and leadership. Luke, who was captain last season, is very loud and he says that the new players are not good enough and do not understand how the team plays. Luke and two other players leave angrily before the end of the meeting saying they will never play for the team again.

The other players decide to try to work together. Eamon is very worried about the dynamics of the group and their low levels of confidence. He decides they would benefit from the support of a sport psychologist.

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## 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 Eamon's team in the case study.

(Total for Activity 1 = 15 marks)

### Activity 2

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

(Total for Activity 2 = 15 marks)

### Activity 3

Recommend psychological **interventions** to address the needs of Eamon's team in the case study.

In your answer you should justify the interventions you selected for Eamon's team and explain how each intervention would be implemented.

(Total for Activity 3 = 30 marks)



**Task and answer booklet**

**Please do not write answers outside the spaces provided.**

**You must complete ALL activities in this task and answer booklet.**

**Activity 1**

Describe the psychological **factors** that impact on Eamon's team in the case study.

Your answer should focus on the:

- (a) key psychological factors
- (b) impact of the factors
- (c) effect of the factors on the team's performance.

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



**Activity 2**

Explain how psychological **theories** can be applied to the experiences of Eamon’s team in the case study.

Your answer should focus on:

- (a) key psychological theories linked to this case study
- (b) explaining key principles of each psychological theory
- (c) applying and justifying the key psychological theories in this case study.

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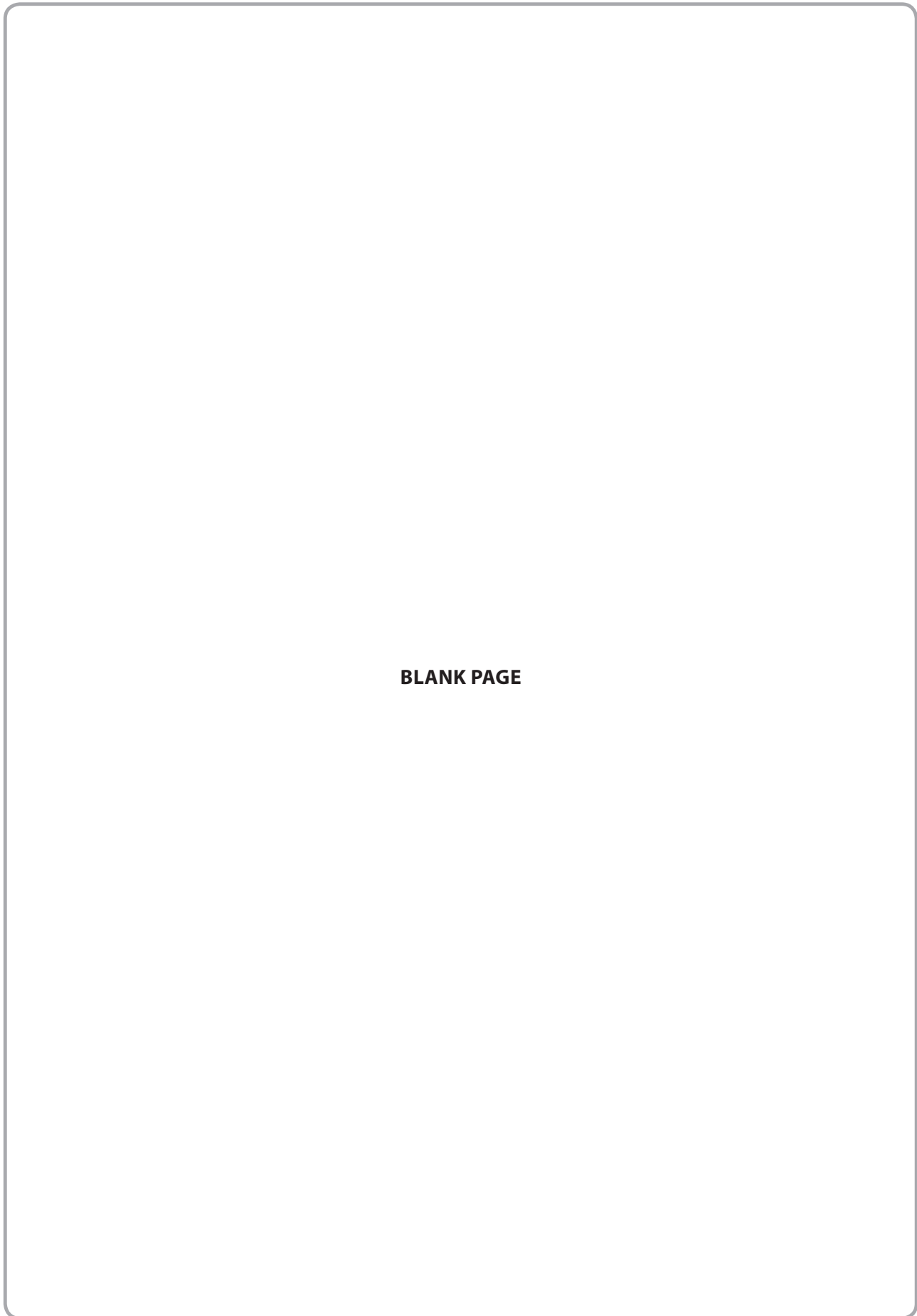
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**(Total for Activity 3 = 30 marks)**

**TOTAL FOR TASK = 60 MARKS**





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