



Psychology for sports performance

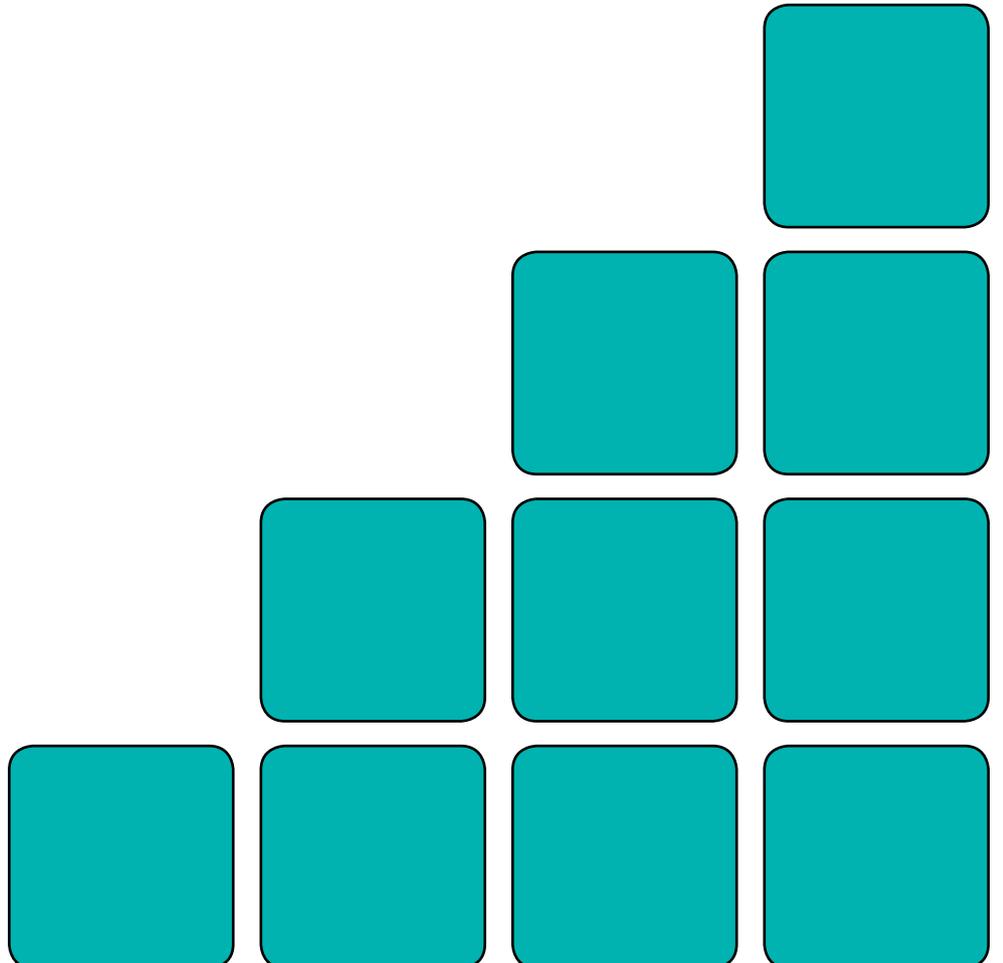
UV21528

H/502/5508

Learner name:

Learner number:

VRQ



UV21528

Psychology for sports performance

The aim of this unit is to develop the knowledge, understanding and skills required for the psychological demands of a selected sport. This will include the impact that motivation, personality and aggression can play on performance and strategies that can be used to enhance performance. You will be able to plan, carry out, record and review a six-week training programme to improve psychological skills for a selected sport.

Level

2

Credit value

10

GLH

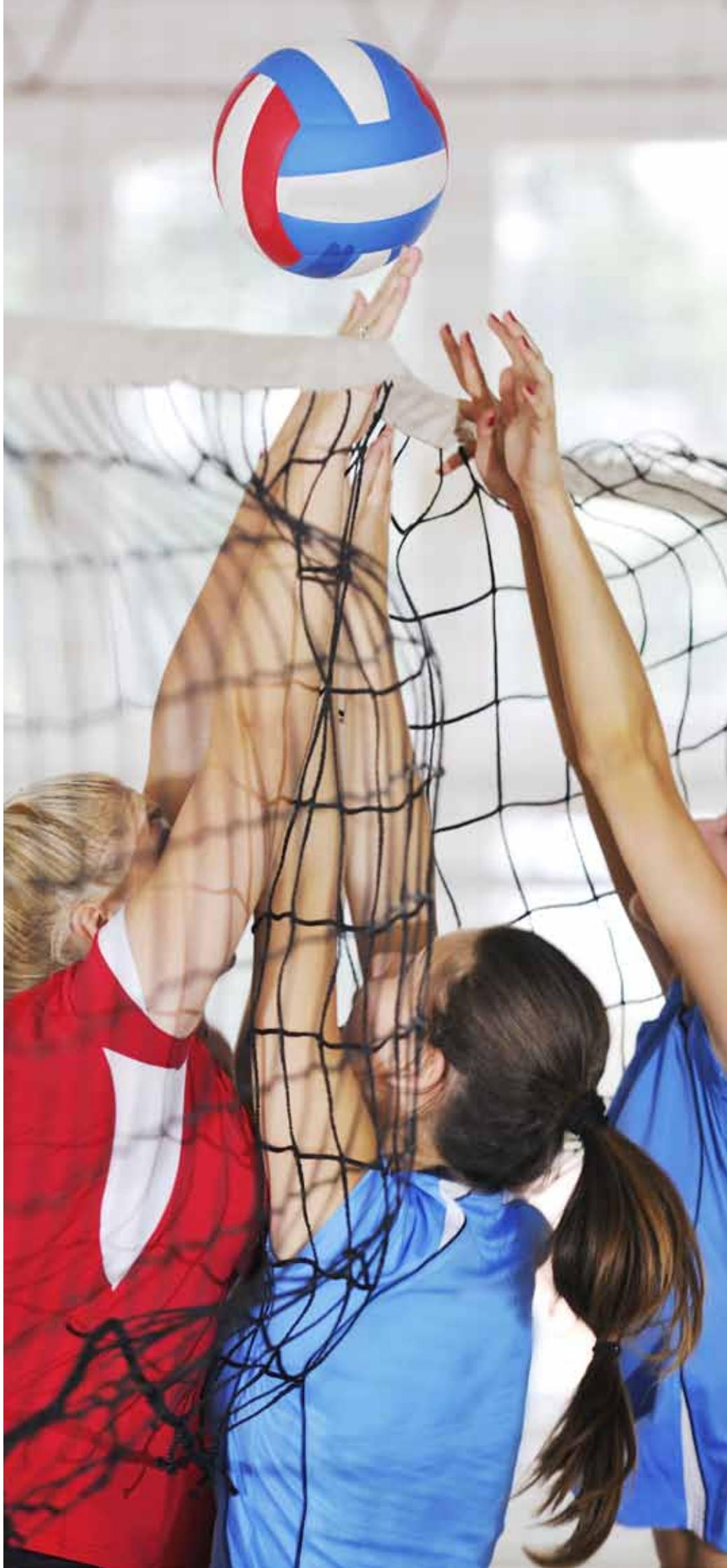
60

Observation(s)

0

External paper(s)

0



Psychology for sports performance

Learning outcomes

On completion of this unit you will:

1. Know the psychological demands of a selected sport
2. Know the impact that motivation can have on sports performance
3. Know the effect of personality and aggression on sports performance
4. Be able to develop and review a psychological skills training programme to enhance own sports performance

Evidence requirements

1. *Knowledge outcomes*
There must be evidence that you possess all the knowledge and understanding listed in the Knowledge section of this unit. In most cases this can be done by professional discussion and/or oral questioning. Other methods, such as projects, assignments and/or reflective accounts may also be used.
2. *Tutor/Assessor guidance*
You will be guided by your tutor/assessor on how to achieve learning outcomes in this unit. All outcomes must be achieved.
3. *External paper*
There is no external paper requirement for this unit.

Developing knowledge

Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below*:

- Projects
- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies
- Professional discussion

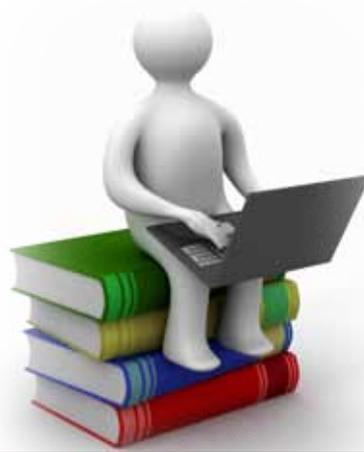
Where applicable your assessor will integrate knowledge outcomes into practical observations through professional discussion and/or oral questioning.

When a criterion has been orally questioned and achieved, your assessor will record this evidence in written form or by other appropriate means. There is no need for you to produce additional evidence as this criterion has already been achieved.

Some knowledge and understanding outcomes may require you to show that you know and understand how to do something. If you have practical evidence from your own work that meets knowledge criteria, then there is no requirement for you to be questioned again on the same topic.

**This is not an exhaustive list.*

Knowledge



Learning outcome 1

Know the psychological demands of a selected sport

You can:

Portfolio reference

a. Describe four psychological demands of a selected sport



Learning outcome 2

Know the impact that motivation can have on sports performance

You can:	Portfolio reference
a. Describe the impact of motivation on sports performance	
b. Describe two strategies that can be used to influence motivation	



Learning outcome 3

Know the effect of personality and aggression on sports performance

You can:	Portfolio reference
a. Describe personality and how it affects sports performance	
b. Describe aggression and two strategies that can be used to control it	



Learning outcome 4

Be able to develop and review a psychological skills training programme to enhance own sports performance

You can:	Portfolio reference
a. Assess own attitudes and psychological skills in a selected sport, identifying strengths and areas for improvement	
b. Plan, carry out and record a six-week training programme to improve psychological skills for a selected sport, with tutor support	
c. Review the psychological skills training programme, identifying strengths and areas for improvement	

Unit content



This section provides guidance on the recommended knowledge and skills required to enable you to achieve each of the learning outcomes in this unit. Your tutor/assessor will ensure you have the opportunity to cover all of the unit content.

Learning outcome 1: Know the psychological demands of a selected sport

Psychological demands: Anxiety (cognitive, somatic), self-confidence, motivation, aggression, concentration, decision-making, problem solving, competitiveness, psychological demands of different sports.

Learning outcome 2: Know the impact that motivation can have on sports performance

Motivation: Definition, theories of motivation (trait-centred view, situation-centred view, interactional view), intrinsic motivation, achievement motivation, extrinsic motivation, attribution theory, effect of motivation on sports performance.

Strategies: For example imagery, SMART (Specific, Measurable, Achievable, Realistic, Time-bound) goal setting, self-talk, positive reinforcement, rewards, use of different strategies in sport, effect of different strategies on motivation.

Learning outcome 3: Know the effect of personality and aggression on sports performance

Personality: Definition, trait approach, personality types and their characteristics (e.g. introverts and extroverts, type A and type B), situational approach (modelling, feedback), effect of personality on sports performance.

Aggression: Definition, criteria for aggression, types of aggression (hostile, instrumental), causes of aggression (e.g. instinct, frustration, learnt behaviour), effect of aggression on sports performance.

Strategies: Self-talk, relaxation, stress management, imagery, cognitive restructuring, use of different strategies in sport, effect of different strategies on aggression.



Learning outcome 4: Be able to develop and review a psychological skills training programme to enhance own sports performance

Assessment: Ways to assess attitudes and psychological skills (e.g. self-assessment questionnaire, feedback from peers or coach, performance profiling), identifying strengths and areas for improvement.

Plan programme: Maintain strengths and improve weaknesses, set SMART targets, psychological skills training (e.g. relaxation, imagery, self-talk), timings and schedule.

Record: Psychological skills training completed, effect of programme on sports performance, recording methods (e.g. diary, logbook, portfolio, video, observation records, witness statements).

Review: Achievement of programme targets, reassessment of psychological skills (e.g. questionnaire, performance profiling), identifying strengths and areas for improvement, future training goals.