

Pearson BTEC Level 3 Nationals Diploma

Please check the examination details below before entering your candidate information

Candidate surname

Other names

Centre Number

Learner Registration Number

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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.



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Set Task Information

Case study

Sasha is an 18-year-old county tennis player. Her coach, Tanya, thinks that Sasha can be a brilliant player but her performance is inconsistent. Tanya is concerned about how easily Sasha loses her temper on court. Tanya thinks that Sasha may have an anger problem. Tanya tells Sasha she needs to change her mindset. Sasha replies that she has always been like that and she cannot change.

Sasha has been playing well in the County Championship and has reached the final. Before playing the final she is very excited and focused. During the first set she feels that she has lots of energy and all the shots she makes are successful. She enjoys this feeling of being in a 'flow state' and easily wins the first set of the three-set final.

Sasha starts off well in the second set but then the umpire calls two of her serves as 'out' when she is convinced they were in. Sasha also thinks that her opponent is slowing the game down by taking too much time between points and being slow to take her serves. The umpire does not do anything about this slow play and that annoys Sasha very much. Sasha shouts at her opponent and tells her to hurry up.

Sasha becomes very tense and her heart races. She loses focus and all she can think about is the slow play of her opponent. She loses the next three games and starts to make big, unforced errors such as hitting serves into the net and shots out of play by several metres. She loses the second set and Tanya hears Sasha saying to herself, 'You are so stupid' and 'You are rubbish'.

In the third set Sasha serves a double fault and loses the first game. She is so angry that she smashes her racket into the ground and breaks the frame. She then throws her broken racket in the direction of her opponent. The umpire warns her about her bad behaviour and says that she will have points removed if she continues to behave this way.

Sasha loses the third set and the match. At the end she refuses to shake her opponent's hand and calls her a cheat. Tanya cannot believe that Sasha has lost a match that she could have won and she is concerned about her on court behaviour. Tanya tells Sasha that she must consult a sports 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 Sasha in the case study.

(Total for Activity 1 = 15 marks)

Activity 2

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

(Total for Activity 2 = 15 marks)

Activity 3

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

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

(Total for Activity 3 = 30 marks)



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(Total for Activity 3 = 30 marks)

TOTAL FOR TASK = 60 MARKS





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