

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

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 the 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 3-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.

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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 3 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 3-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

Nancy is 35 years old. She has not played any sport or taken part in regular physical activity since she left school. Her doctor has recently diagnosed her with a medical condition that he says can be improved with exercise. He has advised her to join the local gym. Nancy tells her friends that she does not want to go to the gym as people will look at her and laugh. She has said that she would not know what to do at the gym and would fail anyway.

One of Nancy's friends tells her about a personal trainer at the gym, Gorka. Gorka is good at working with beginners. Her friend says she will book Nancy some sessions with him. Nancy goes to the gym and meets Gorka. He agrees to train her for four weeks. Gorka's focus will be to help Nancy master specific skills, such as training with free weights, and learning how to exercise correctly for her medical condition. Nancy tells Gorka that her aim is to improve her medical condition and also be able to lift the same weights as the other women in the gym.

Gorka says that she must train with him three times a week to manage her medical condition. If she does this training for a month Gorka will reward her with three free personal training sessions. Nancy organises her work schedule and social life to make sure she completes three training sessions a week for a month. In each session Gorka sets Nancy challenges that he knows she will find difficult to achieve. Nancy works hard and gets great satisfaction when she completes these challenges successfully. Gorka praises her effort even if she fails.

Nancy thinks that Gorka is a positive personal trainer who inspires her to be successful. She likes working out in the modern gym with its up-to-date equipment and comfortable changing rooms. Her friends are very supportive and tell her that she looks much healthier and that they are proud to see her training so hard. Nancy enjoys hearing these comments and is very pleased that people know she is taking steps to improve her health. She also says that she now feels comfortable at the gym and doesn't worry about going there.

When Nancy's training sessions with Gorka have finished she starts to train by herself. She has difficulty pushing herself during her own training sessions and she starts to miss more and more of the sessions. She notices that her friends have stopped saying that she is making progress.

Three months after Nancy first consulted her doctor she stops going to the gym. She tells her doctor she can't be bothered going to the gym. Her doctor suggests that she would benefit from the support of a sport and exercise 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 Nancy in the case study.

(Total for Activity 1 = 15 marks)

Activity 2

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

(Total for Activity 2 = 15 marks)

Activity 3

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

In your answer you should justify the interventions you selected for Nancy 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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