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Surname					Other names				
Centre Number					Learner Registration Number				
Pearson BTEC Level 3 Nationals Diploma									

Sport and Exercise Science

Unit 3: Applied Sport and Exercise Psychology

Part B

Window for supervised period: Monday 8 May 2017 – Tuesday 9 May 2017 Supervised hours: 2 hours	Paper Reference 31815H
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You must have: Your research notes from Part A (maximum two A4 sides).	Total Marks
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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.*
- Do **not** return research notes or **Part A** to Pearson.
- Centres may choose **ONE** two hour slot on either of the two dates specified by Pearson. Centres must not schedule multiple sessions as this will be considered malpractice.

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.*
- Centres may choose **ONE** two hour slot on either of the two dates specified by Pearson. Centres must not schedule multiple sessions as this will be considered malpractice.

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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Important Information

Refer to your research notes from **Part A** to complete **Part B**. You cannot access the internet or any other resource during the supervised assessment period (**Part B**).

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

You will complete **Part B** under supervision.

You must not share your work with other learners.

Part A

Case study

Eva is a 16-year-old sprinter. She competes in the 100m for her school and county. Eva is the fastest sprinter in the county for her age group. Eva's coach thinks she is so successful because of the amount of time and effort she puts into her training and how she constantly challenges herself to improve.

Eva believes she will be successful in every race. She goes on to the track thinking that she is fitter and faster than her opponents due to her training schedule and healthy lifestyle. When Eva is on the track waiting for her race to start she does not talk to her opponents; she has an upright posture and appears calm and relaxed. When the race starts she channels all her efforts into being successful.

However, six weeks before the national schools' championships Eva suffers a minor injury during a race.

Part B

Case study

Eva returns to training two weeks before the championships. Her coach notices that Eva is very tense when she runs and she is also holding back from sprinting at full speed. During the training session Eva avoids eye contact with her coach. When the coach walks over to her, Eva says she feels sick and wants to go home. Eva later texts her coach saying she is going to withdraw from the national championships as she believes she has no chance of winning.

Her coach is supportive and thinks Eva should still compete. The coach also suggests that Eva may benefit from visiting a sports psychologist before the event. Eva agrees that she will meet the sports psychologist.

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Examine **case study parts A and B** and answer the following:

Activity 1

Interpret the psychological **factors** that impact on Eva in both parts of the case study.

(Total for Activity 1 = 15 marks)

Activity 2

Analyse how psychological **theories** can account for Eva's experiences in both parts of the case study.

(Total for Activity 2 = 15 marks)

Activity 3

Recommend psychological **interventions** to address Eva's needs in case study **part B**.

In your answer you should justify any recommendations made and explain how the interventions would be implemented.

(Total for Activity 3 = 30 marks)

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(Total for Activity 1 = 15 marks)



Activity 2

Analyse how psychological **theories** can account for Eva's experiences in both parts of the case study.

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(Total for Activity 2 = 15 marks)



Activity 3

Recommend psychological **interventions** to address Eva’s needs in case study **part B**.

In your answer you should justify any recommendations made and explain how the interventions would be implemented.

(30)

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(Total for Activity 3 = 30 marks)

TOTAL FOR TASK = 60 MARKS



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