

Please check the examination details below before entering your candidate information

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| Candidate surname                                                                                          |  |                                                                                                                               |  |  | Other names                   |  |                                                                                                                                                                         |             |  |  |  |
| Pearson BTEC<br>Level 3 Nationals<br>Diploma                                                               |  | Centre Number                                                                                                                 |  |  |                               |  | Learner Registration Number                                                                                                                                             |             |  |  |  |
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| <b>Wednesday 6 January 2021</b>                                                                            |  |                                                                                                                               |  |  |                               |  |                                                                                                                                                                         |             |  |  |  |
| Morning (Time: 3 hours)                                                                                    |  |                                                                                                                               |  |  | Paper Reference <b>31815H</b> |  |                                                                                                                                                                         |             |  |  |  |
| <b>Sport and Exercise Science</b><br><b>Unit 3: Applied Sport and Exercise Psychology</b><br><b>Part S</b> |  |                                                                                                                               |  |  |                               |  |                                                                                                                                                                         |             |  |  |  |
| <b>You do not need any other materials.</b>                                                                |  |                                                                                                                               |  |  |                               |  |                                                                                                                                                                         | 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 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 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 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

Millie is a 16-year-old gymnast. She competes in four different gymnastic events. The events are the vault, floor exercise, balance beam and uneven bars. Millie has been training for gymnastics since she was five years old. She thinks that while she has some talent, practising for as many hours as possible is the best way to achieve excellence.

When Millie competes she always believes she will be successful. She usually looks calm under pressure and totally focused on her events.

Millie's coach has encouraged her to keep a written diary of previous successful performances. She records how she felt before, during and after each success. Before an important competition the coach asks Millie to read about her successes and shows her video clips of the best routines of her favourite gymnasts. Immediately before a competition Millie's coach tells her that she can be successful because she has practised her routines hundreds of times and knows exactly what to do. Sometimes Millie is nervous before a competition and her coach tells her to keep relaxed and think positively.

In a competition for her club Millie scores well in the vault and floor exercises. However, she falls off during the balance beam routine and gets a low score. Millie is very upset by this and tells her coach that she is worried about performing in her last event, the uneven bars. She tells her coach she has sweaty palms and butterflies in her stomach. Her coach says that this shows how important the event is to Millie and that she is just excited and ready to perform well.

Before the uneven bars, Millie says to her coach, 'I can't relax and focus on my routine as I am worried about falling off the bars'. She starts the routine but suddenly stops and walks off, saying to her coach, 'I can't go on, the routine is too difficult for me.'

The coach is concerned that Millie cannot cope when things go wrong during a competition and advises her to consult 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 Millie in the case study.

(Total for Activity 1 = 15 marks)

### Activity 2

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

(Total for Activity 2 = 15 marks)

### Activity 3

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

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

(Total for Activity 3 = 30 marks)



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(Total for Activity 2 = 15 marks)



### Activity 3

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

In your answer you should focus on:

- justifying the interventions you selected for Millie
- explaining the principles behind the psychological interventions
- explaining how each intervention would be implemented.

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(Total for Activity 3 = 30 marks)

TOTAL FOR TASK = 60 MARKS





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