**Physical Education Studies**

**Sports Psychology Test**

**Units 3 and 4**

**GTPES 2020**

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***Time allowed for this paper***

Reading/planning time before commencing work: Five minutes

Working time for paper: Fifty minutes

**Material required/recommended for this paper**

**To be provided by the supervisor**

This Question/Answer booklet

Sections One and Two: Write your answers in this Question/Answer booklet.

Spare lined paper

**To be provided by the candidate**

Standard items: Pens, pencil, eraser, correction fluid, highlighter, ruler,

***Important note to candidates***

No other items may be taken into the examination room. It is **your** responsibility to ensure that you do not have any unauthorised notes or other items of a non-personal nature in the examination room. If you have any unauthorised material with you, hand it to the supervisor **before** reading any further.

**Question 1 (2 marks)**

Explain the link between goal setting and motivation when coaching others.

1-mark goal setting helps to provide focus and motivation for athletes

1-mark goals should be linked to confidence, motivation and ability of athlete

\*not sure about the marking here – maybe 2nd mark for how goal setting enhanced motivation i.e. Provides direction and concentration when training or similar

**Question 2 (2 marks)**

Why is goal setting an important element of o coaching program?

1mark for stating it enhances performance by creating focus

1 mark any of the following, maximises training time, identifies weakness/areas of improvement, improves mental skills eg enhances motivation and concentration

**Question 3 (22 marks)**

After 6 bouts Adam is an undefeated boxer and wants to take his boxing to the next level by competing in the 2024 Paris Olympics.

1. Define short and long term goals and provide an example of each that Adam could use in his goal to reach the Olympics. (4 marks)

1-mark definition of short term goal, 1-mark for example relevant to Adam

1-mark definition long term goal, 1-mark example relevant to Adam

1. Explain the difference between performance and outcome goals. Provide an example of a performance goal Adam may have in one of his bouts. (3 marks)

Explains the difference by defining both performance and outcome goals 2 marks

Explains by defining only performance or outcome goal 1 mark

Answer example:

Performance goals are personal targets that an athlete sets to achieve during a

performance

Outcome goals focus on the outcome of performance.1 mark for an example of a performance goal relevant to Adam’s situation

1. Adam can use the SMART principle to set his goals as he works towards the Paris Olympics. Answer each of the following;

* Name each element of SMART
* Define each element of SMART
* Provide an example related to Adams situation for each element of SMART

Correct naming of the acronym SMART 1–5 marks

Basic description of the element 1 mark each

Answer could include:

Specific - make them as precise and detailed as possible and written down

Measurable - a method by which you can quantify or rate your current position and then

determine the amount of improvement required

Achievable - goals should be achievable; they should stretch you slightly so you feel

challenged, but defined well enough so that you can achieve them. You must possess

the appropriate knowledge, skills, and abilities needed to achieve the goal

Realistic/Relevant - the goal is realistic yet challenging in the given time frame. The

goal ties into your key responsibilities and is it tied to the key/team objectives as well

Timely - date is set for when the goal is to be achieved by, assist you in keeping

Focused

1mark each relevant example up to 5 marks

Possible Examples:

* S: Increasing the power in his left hook. Increasing his Cardio-vascular fitness. Improving his win loss record to 10-0 before the Olympic qualifying matches.
* M: Beep Test result used to measure Cardio-Vascular fitness improvement. Win/Loss record. Measurement of muscular power and strength at regular intervals to measure improvements. Muscle/fat ratio measurements with Calipers etc.
* A: 4 hours of gym work 5 days a week. Protein rich diet. 40km of running every week.
* R: Gym training must be completed outside of work hours. 2 years to prepare for Tokyo is enough time to improve the specific areas.
* T: Working towards date of the first Olympic trial and then re-adjust goals if and when qualification happens to Tokyo Olympic dates.

Accept other relevant examples.