**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.

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**Question 2 (2 marks)**

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

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**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)

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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)

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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

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