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|  Qualification: Edexcel BTEC Level 3 Subsidiary Diploma in SportUnit 17: Psychology for Sport Performance Assessor:  |
| Assignment number 5 of 5 **Promoting Psychological skill Training** |

Date assignment given out: Date assignment to be handed in:

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| Scenario:You are a **sports psychologist** who has an athlete visit you who is having what he thinks **psychological faults** with their performance. Your job is to **assess** this athlete and use your knowledge to **suggest strategies** to improve your clients performances. |

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| Task | What I have to do / tips | Grading Criteria |
| 1 | Show evidence of assessing the current psychological skills of your performer by keeping all of your **methods of assessing skills** and the **needs analysis form**. | **Pass 6**:Assess the current psychological skills of a selected sports performer, identifying strengths and areas for improvement. |
| 2 | Identify your performers key areas for improvement and decide on **6 weeks** of psychological skills training that will help the performer develop these areas. Remember that the areas to develop may not always be the areas that have the lowest values on results | **Pass 7**:Plan a **6 week** psychological skills training programme to enhance performance for a selected sports performer |
| 3 | Provide an explanation of the design of the programme and each of the activities that will be completed by the athlete as part of their skills training. | **Merit 4:****Explain** the design of the 6 weeks training programme for a selected sports performer |
| 4 | Justify the design of the programme and each of the activities by saying how they will benefit the athlete and providing supporting evidence. | **Distinction 3:****Justify** the design of the 6 weeks training programme for a selected sports performer, making suggestions for improvement |