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| Qualification: Edexcel BTEC Level 3 Subsidiary Diploma in Sport  Unit 17: Psychology for Sport Performance Assessor: | |
| Assignment number2 of 5 **Motivation** |

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

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| Scenario:  The coach of a local Volleyball team has asked you to come to speak to Matt, a player he is struggling with. Matt is only focused on winning trophies and gets annoyed & frustrated when the team doesn’t win. When the team loses, Matt says it was the fault of the other players and bad luck. However, when the team wins he makes a point of telling everyone how well he played.  Matt always seems to want to play when he is playing against teams he knows he can beat, but he really doesn’t like to play against teams when the players are just as good as him. |

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| Task | What I have to do / tips | Grading Criteria |
| 1 | Make sure you **define motivation** and the **different types of motivation**. Look at how both **intrinsic & extrinsic motivation** influence sport performance. Describe each of the different **theories of motivation** and how people have tried to use them to understand motivation in sport | **P2**:  Describe the different types of motivation, and how they can influence sports participation & performance |
| 2 | Use the **Attribution theory** to explain how Matt’s perception of success or failure can affect future expectations of sport performance. Explain how having a **high need to achieve (NACH)** or a **high need to avoid failure (Naf)** can affect sport performance & motivation to perform against certain individuals. Explain some methods the coach could use to increase **motivational climate.** | **M1** (partb):  Explain the different theories that try to explain motivation  Explain some methods that could be used to increase motivation |
| 3 | **Evaluate** how intrinsic motivation can be affected by extrinsic motivation. Highlight strengths & limitations of each of the different theories of motivation. Discuss how & why the different suggestions to improve motivational climate can influence Matt both positively & negatively.  Consider **Attribution** theory throughout the above. | **D1** (part b):  Evaluate the relationship between motivation and sports participation & performance |