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| **Examination question paper:**  | **July 2024** |

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| **Module code:****Component number:** | **SP6052****002** |
| **Module title:** | **Sport Psychology and the Elite Athlete** |
| **Module leader:** | **Lucas S. Capalbo, PhD** |

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| **Date:** | **July 2024** |
| **Duration:** | **1 Hour** |

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| **Exam type:** | **Seen, Closed** |
| **Materials supplied:** | **None** |
| **Materials permitted:** | **None** |
| **Warning:** | **Candidates are warned that possession of unauthorised materials in an examination is a serious assessment offence.** |

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| **Instructions to candidates:** | **You are permitted to make logical assumptions based on the information provided in the scenario.** |
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|  | **Do not turn page over until instructed** |

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**SCENARIO**

A mature elite athlete is approaching the end of their1 career2. At age 35, the athlete is only realising that they do not know what to do once their career is over. This uncomfortable situation is contributing to the athlete showing negative psychological signs (e.g., deep breathing and elevated heart rate) and antisocial behaviours (e.g., avoiding family and friends) that are uncommon for them. Consequently, their latest performances have not been as good as before and they fear not being able to extend their professional contract for another year. The upcoming months are crucial for the athlete as their manager will decide on contract extensions.

1A neutral pronoun was used in this scenario. You may apply it to either a male or female athlete or if you prefer, keep it neutral.

2Apply the scenario to an individual or a team sport of your preference.

As a sport psychologist working for Team GB, you have been given a free hand to work with the athlete. Describe your theory-based intervention in detail based on the questions on the next page.

**QUESTIONS**

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| **Question 01** (25 marks) | Describe what the young athlete is possibly dealing with AND justify your diagnosis based on the literature (include references). |
| **Question 02**(25 marks) | Choose ONE mental skill to help the young athlete cope with their situation AND explain how it could help the athlete based on the literature (include references). |
| **Question 03**(50 marks) | Design a detailed 10-week sport psychology intervention programme using the chosen mental skill. |