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| **Examination question paper:** | **July 2025** |

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| **Module code:**  **Component number:** | **SP6052**  **002** |
| **Module title:** | **Sport Psychology and the Elite Athlete** |
| **Module leader:** | **Dr Ben Hunter** |

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| **Date:** | **July 2025** |
| **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**

Mr. Smith is the father and manager of a gifted 17-year-old athlete1 who has achieved remarkable success, setting a few international junior records in their sport2. Recently, however, Mr. Smith has become worried as his child has been showing signs of psychological distress, such as becoming easily distracted and increasingly withdrawn from family and friends. These behaviours are unusual for the young athlete, and their recent performances have been below their usual standard, sparking concerns about how this might affect their career prospects.

In the coming months, the athlete faces crucial decisions regarding their future. They have received several conditional offers for college scholarships in the United States and an invitation for a trial training period with a renowned coach in Spain. The Smith family, of Jamaican descent, has always lived in North London, and the prospect of relocating for these opportunities has added to the athlete's stress and uncertainty.

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 private sport psychologist, you have been asked by Mr Smith to work with his child. Describe your theory-based intervention in detail based on the questions on the next page.

**QUESTIONS**

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| **Question 01**  (25%) | Describe what the young athlete is possibly dealing with AND justify your conclusions based on the literature (include references). |
| **Question 02**  (25%) | 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%) | Design a detailed 10-week sport psychology intervention programme using the chosen mental skill. |