

|  |  |
| --- | --- |
| **Examination question paper:**  | **January 2025** |

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

|  |  |
| --- | --- |
| **Date:** | **January 2025** |
| **Duration:** | **1 Hour** |

|  |  |
| --- | --- |
| **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.** |

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

© London Metropolitan University

**SCENARIO**

You are a sport psychologist working with a 35-year-old elite sportsperson1,2 who has enjoyed a successful career spanning nearly two decades. Recently, the athlete has begun to experience anxiety about life after sport, realising that they have no concrete plans or identity beyond the sport. This anxiety has escalated over the last few months and has led to notable changes in the athlete's psychological state. They have been displaying negative symptoms such as elevated heart rate, difficulty sleeping, and avoiding social contact, even with close friends and family.

The athlete’s recent performances have also suffered—they feel distracted during matches, their focus has decreased, and they are worried that their declining performance will prevent them from securing a final sponsorship deal or endorsement that could support them through retirement. Their upcoming competitions are crucial for securing this financial stability and potential post-career opportunities. However, the combination of these stressors has led the athlete to fear that they are no longer able to compete at their best.

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 asked to work with the athlete. Describe your theory-based intervention in detail based on the questions on the next page.

**QUESTIONS**

|  |  |
| --- | --- |
| **Question 01** (25%) | Describe what the 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 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. |