

Unit Title: Psychology For Sports Performance
Unit Level: Level 3
Unit Credit Value: 5
GLH: 34
LASER Unit Code: WJE877
Ofqual Unit Code: J/507/1574

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand the psychological demands of a selected sport.	1.1	Explain the psychological demands of a selected sport.
2.	Understand the impact motivation can have on sports performance.	2.1	Explain the impact of motivation on sports performance.
		2.2	Describe the strategies that can be used to influence motivation.
3.	Understand the effect of personality and aggression on sports performance.	3.1	Explain personality and how it can affect sports performance.
		3.2	Explain aggression and how it can affect sports performance.
		3.3	Describe strategies that can be used to control aggression.
4.	Be able to develop and review a psychological skills training programme to enhance own sports performance.	4.1	Assess own attitudes and psychological skills in a selected sport to include the identification of: a) strengths b) areas for improvement.
		4.2	Plan a training programme for an identified area for improvement in own performance in a selected sport.
		4.3	Implement the planned training programme for an identified area for improvement in own performance in a selected sport.
		4.4	Review the impact of the psychological skills training programme on own performance in the identified area for improvement.

Assessment Guidance:

NA

Additional Information:

NA
