**ST MARY’S UNIVERSITY**

**TWICKENHAM, LONDON**

BSc Degree Examination students registered for

Level **SIX**

Title: **Applied Sport Psychology**

Code: **SPS6021**

Semester: **TWO**

Date**: May 15th 2019**

Time: **13.30-3.30PM**

TIME ALLOWED: **TWO** HOURS

Read the following scenario and answer the questions below:

For years, Matthew has played in team sports, but has recently decided to start competing in triathlons and has his first competition in six months’ time. He is struggling to adjust to a new training regime, which requires him to frequently train on his own. He finds long solo runs, swims, or bike rides particularly difficult, as he would normally be used to having his teammates there to support and challenge him when the session gets tough. Matthew has elicited the help of a sport psychologist in his preparations for his upcoming triathlon competition.

1. Which psychological skill do you perceive to be most important to focus on within this scenario as a sport psychologist? Justify your answer relative to the scenario. (5 marks)
2. Provide a definition of the psychological skill that you have identified. (5 marks)
3. Discuss **ONE** appropriate theory to underpin the psychological skill you have identified and link it to the scenario. (30 marks)
4. Choose **ONE** suitable intervention that could enhance the performance of the athlete. Critically discuss this intervention using literature and research to support your answer. (60 marks)

**END OF EXAMINATION**