**ST MARY’S UNIVERSITY**

**TWICKENHAM, LONDON**

BSc Degree Examination students registered for

Level **SIX**

Title: **Applied Sport Psychology**

Code: **SPS6021**

Semester: **ONE**

Date**: January 8th 2019**

Time: **1:30 – 3:30PM**

TIME ALLOWED: **TWO** HOURS

Read the following scenario and answer the questions below:

Lucy plays netball internationally in the position of wing attack. She is considered a key player on the team and has been known to make vital decisions, which can result in game changing plays.

In their most recent international tournament, the team suffered an unexpected loss. Lucy in particular felt responsible for the outcome of this tournament and as a result began to doubt her capability to make key decisions and execute them successfully during a game. The Netball World Championships are approaching; this is the biggest tournament she has played in and they are being held at her home ground. Lucy’s family and friends are excited to see her play, and the coaches have indicated that she will be in the starting team.

Despite being an outstanding player, Lucy has started to let fear of failure seep into her thoughts and has therefore decided to approach a sport psychologist to help her preparation for the World Championships.

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**