**ST MARY’S UNIVERSITY**

**TWICKENHAM, LONDON**

BSc Degree Examination students registered for

Level **SIX**

Title: **Applied Sport Psychology**

Code: **SPS6083**

Semester: **One**

Date**: January 16th 2020**

Time: **9:30 – 11:00 AM**

TIME ALLOWED: **ONE** AND A **HALF** HOURS

Read the following scenario and answer the questions below:

Joe plays basketball internationally in the position of point guard. He 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. Joe in particular felt responsible for the outcome of this tournament and as a result began to doubt his capability to make key decisions and execute them successfully during a game.

The Basketball World Cup is approaching; this is the biggest tournament he has played in and the matches are being held at his home ground. Joe’s family and friends have not come to watch him play at an international before, but have bought tickets for the World Cup and have expressed how excited they are to come and watch. The head coach has told Joe that he will be in the starting team, and is likely to be made Captain.

Despite being an outstanding player, Joe has started to let fear of failure seep into his thoughts and so decided to approach a sport psychologist to help him prepare for the World Cup.

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**