

SISSCO007 Apply Sport Psychology Principles

Practical Assessment

Apply sport psychology principles to support one participant in a specific sport that involves:

- **using three of the following strategies:**
 - managing emotions
 - using relaxation techniques
 - managing self-talk
 - managing stress
 - establishing pre-, during- and post-performance psychological routines
 - identifying sources of intrinsic and extrinsic motivation
 - setting goals
 - visualisation
 - self reflection on performance
 - managing concentration

Assessment can be submitted in any of the following formats:

- **Submit a Video carrying out any 3 of the above techniques (uploaded to google drive)**
- **Submission of athletes completed self-reflection questionnaires, surveys (sent as email to GFI)**