

BTEC SPORT Level 3

Year 11 Taster day 2022

TUESDAY 28th June

Next year...

4 hours a week –
NW & KMH

4 units over 2 years –

Sports Psychology –
coursework, **start of year
12**

Anatomy & Physiology -
exam, **May 2023, Year 12**

Professional
Development in the
Sports Industry –
coursework, **Start of year
13**

Fitness Training and
Programming for health,
sport and wellbeing –
controlled assessment,
May 2024, Year 13

Sports Psychology

UNIT 6

Summer Work – 5 questions

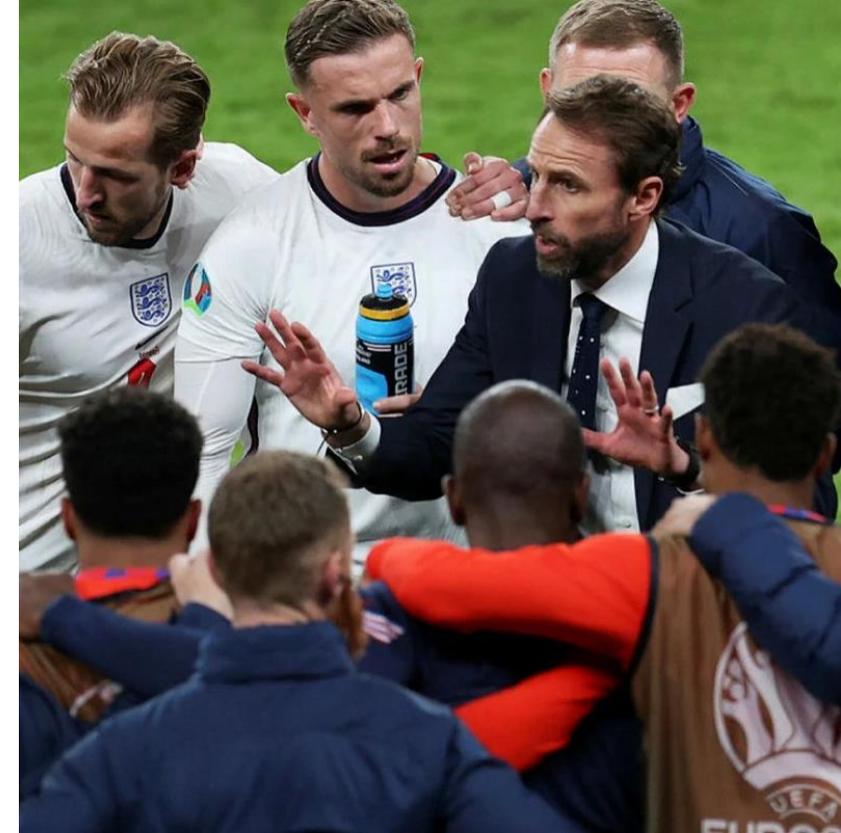
What is meant by the term personality traits and how might this impact sporting performance?

Describe two types of motivation and how motivation can have a positive impact on your sporting performance.

Choose one 'Assessment of Personality', describe how it is carried out and how a coach might use this information to select a sporting team.

Explain the 'Inverted U Hypothesis', linking your answer to a sporting example.

Discuss, using a current, high profile sporting example, the role of a coach in creating a competitive environment and a winning climate.



- Gareth Southgate - Euro2020

[ITALY 1-1 ENGLAND PENALTY SHOOT-OUT, EURO 2020 FINAL - YouTube](#)

CASE STUDY

- England Football team – Euro 2020
- Gareth Southgate, Finals Vs Italy, July 2021
- What role did he play in motivating and preparing his team? How?

[Gareth Southgate team talk, 25 years in the making. England football team. BBC Sport. EURO 2020. – YouTube](#)

[My coaching approach | The Boot Room \(thefa.com\)](#)

“My job is to allow people to dream. Make the impossible seem possible.”

“More expectation is a healthy thing and something we have to embrace.”

“My players’ feeling is the most important thing for me.”

“Write your own stories.”

“It’s impossible to please everybody all of the time, but you just have to believe that you’re making decisions for the right reasons.”

“If you keep always doing what you’ve always done, you get the same results.”

“The questions around us principally come down to character; the essential ability to withstand events that go against you.”

“We always have to believe in what is possible in life and not be hindered by history or expectations.”

“Our country has been through difficult experiences in terms of unity. Sport – football in particular – has the power to help that. It is a special feeling.”

“We’ve all had an incredible experience. For me, that’s what sport should be about. You give everything you have.”

Summer Work – 5 questions

Personality traits and how might this impact sporting performance?

Types of motivation - positive impact on your sporting performance.

'Assessment of Personality', how a coach might use this information to select a sporting team.

Role of a coach in creating a competitive environment and a winning climate.

'Inverted U Hypothesis', sporting example.

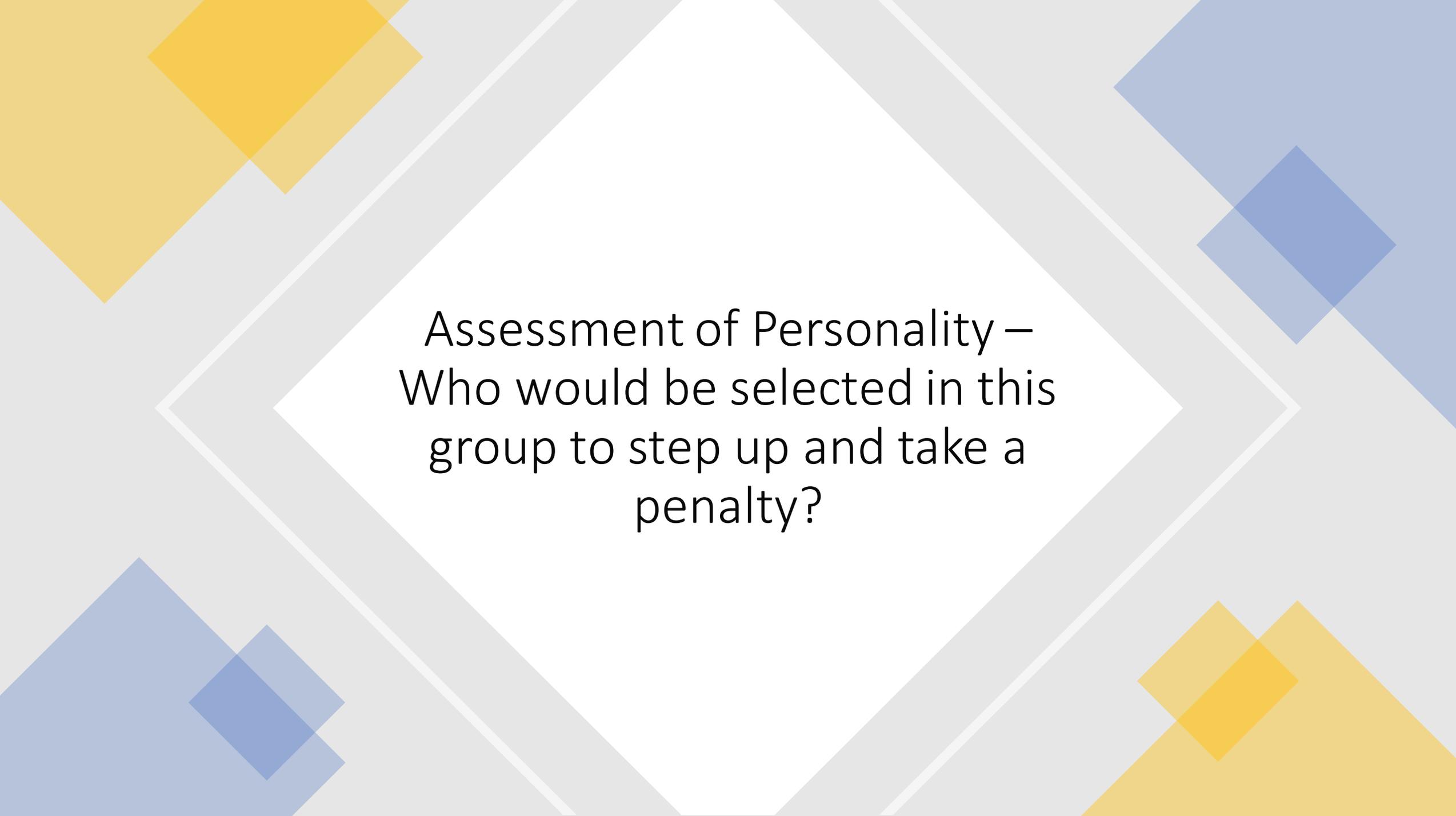
What personalities did we see in the England Euro 2020 squad?

What types of motivation would have been present within the England team during the final Vs Italy?

What methods did Gareth Southgate use to assess his team and decide who would take the 5 penalties?

How did Gareth Southgate manage to create a winning environment?

Were the players at the optimum level of arousal to take the penalties?



Assessment of Personality –
Who would be selected in this
group to step up and take a
penalty?