

Title	Apply basic psychological skills to sports performance		
Level	3	Credits	4

Purpose	People credited with this unit standard are able to: explain psychological factors that affect performance in sport; plan a psychological skills training programme to develop basic psychological skills to enhance performance in sport; and implement and review the psychological skills training programme.
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Classification	Recreation and Sport > Recreation and Sport - Coaching and Instruction
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Available grade	Achieved
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Guidance Information

- 1 In the context of this unit standard, *basic psychological skills* may include but are not limited to – goal setting, intrinsic and extrinsic motivation, thought control, stress management and relaxation, time management, pre-competition preparation, coping skills, refocusing skills, arousal control.
- 2 The psychological skills training programme may be planned and implemented with one participant or a group of participants. The participant(s) may be beginner through to higher level competitors, and should be over the age of ten years (with some sport specific exceptions, such as gymnastics or swimming, where they may be younger).
- 3 Competency must be demonstrated in a real coaching or instruction situation with genuine participant(s) (i.e not the peers of the learner).

Outcomes and performance criteria

Outcome 1

Explain psychological factors that affect performance in sport.

Performance criteria

- 1.1 Explanation of methods of developing and maintaining motivation describes their effect on performance in sport.

Range methods of developing and maintaining motivation include but are not limited to – goal setting, intrinsic and extrinsic rewards.

1.2 Explanation of methods of developing and maintaining confidence describes their effect on performance in sport.

Range methods of developing and maintaining confidence may include but are not limited to – thought control, stress management and relaxation, time management, pre-competition preparation.

1.3 Explanation of methods of developing and maintaining concentration describes their effect on performance in sport.

Range methods of developing and maintaining concentration may include but are not limited to – coping skills, key words, pre-competition mental preparation, refocusing skills, arousal control.

Outcome 2

Plan a psychological skills training programme to develop basic psychological skills to enhance performance in sport.

Performance criteria

2.1 Programme planning process includes consultation with participant(s) that allows meaningful participant input.

2.2 Stated objective(s) and learning and practice activities included in the planned programme are consistent with the selected skills and meet the needs of the participant(s).

2.3 Planned programme is incorporated into regular coaching sessions and is likely to result in improved performance.

Outcome 3

Implement and review the psychological skills training programme.

Performance criteria

3.1 The training programme is implemented during regular coaching sessions according to the plan.

3.2 Programme review examines participant(s') achievements in relation to the programme objectives.

Range review includes – participant feedback, coach feedback.

3.3 Programme review examines effectiveness of psychological skills training in enhancing the participant(s') performance.

3.4 Psychological skills training and practice is modified according to the results of the review.

This unit standard is expiring. Assessment against the standard must take place by the last date for assessment set out below.

Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	20 November 2006	31 December 2020
Rollover and Revision	2	20 May 2011	31 December 2020
Review	3	28 November 2019	31 December 2020

Consent and Moderation Requirements (CMR) reference

0099

This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.