

EXAMPLE ASSIGNMENT STRUCTURE

Week 5

Advanced Sport and Exercise Psychology

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TASK:

Select one of the following research areas (**anxiety**, injury, burnout, organisational stress, mental toughness) and critically evaluate how recent advances have contributed to the knowledge base. In particular, discuss the conceptual and practical implications of recent research for practitioners designing interventions for athletes from a sport/s of your choice. Finally, highlight the future direction of research in this area.

Anxiety

- Introduction:
 - Introduce key terms and definitions
 - Justify the importance of the topic – links to performance in sport
 - Importance of anxiety in relation to SC / Motivation / Choking etc.
 - Explain the sections of the essay
- Main body of assignment:
 - Literature review to explain the body of research in the area to present day.
 - Brief mention of uni-dimensional anxiety theory (critique)
 - Introduce multidimensional theory and catastrophe models (critique)
 - Introduce limitations of intensity alone approach (critique)
 - Discuss direction and frequency research (critique)
- Then link to:

Practical implications

- Practical implications of the conceptual advances for practitioners
 - Multidimensional anxiety theory = matching hypothesis
 - Cognitive – mental relax – imagery / meditation / counting
 - Somatic – physical relax - PMR
 - Direction research – restructuring of negative cognitive intrusions.
 - Use of other psychological skills – e.g. imagery, self talk, goal setting

Critique each of the above...

- Future research directions:
 - Select from several ideas suggested within discussion sections of latest anxiety papers