Solutions

Marking: **M1** a correct method, **A1** the correct answer, **B1** an independent mark.

Each answer shows the steps, then the **result**.

2.1

process goal: about the actions / technique during performance, e.g. “drive the knee up at take-off”; outcome goal: about the result compared with others, e.g. “win the gold medal”

2.2

e.g. “score 8 out of 10 free throws in practice by the end of March”; any two, explained: specific (free throws); measurable (8/10); time-bound (end of March); achievable / realistic for the player’s level

3.1

(a) instructional self-talk

(b) any three: controls arousal (breathing out relaxes); blocks distractions such as the crowd / narrows attention; triggers the learned motor programme, so the movement is automatic; gives consistency and a sense of control, raising confidence

3.2

award up to [5]: needs assessment first: interview, questionnaire or performance profile to find her weaknesses; choose skills to match, e.g. relaxation for high anxiety; education then regular practice, first in training, then in competition; measure before and after: performance (times) and questionnaires (e.g. anxiety, confidence); compare with a control period or group, as times may improve anyway from physical training; ask the swimmer for feedback / check she actually practised