## Solutions

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

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

**2.1**

intrinsic: taking part for enjoyment / satisfaction of the activity itself, e.g. loves the feeling of running; extrinsic: taking part for an outside reward or to avoid punishment, e.g. prize money, a trophy, praise

**2.2**

autonomy: feeling of choice and control over one's actions; competence: feeling capable and effective; relatedness: feeling connected to and cared for by others

**2.3**

introjected regulation; it is controlled; the pressure comes from inside (guilt) rather than from choice or enjoyment, so effort may not last

**2.4**

NAch chooses challenging tasks of moderate (about 50%) difficulty; NAF chooses very easy tasks (sure success) or very hard tasks (failure is not their fault); NAch welcomes feedback and persists after failure; NAF avoids evaluation and gives up sooner

**3.1**

(a) the medal was felt as controlling, so motivation became extrinsic / controlled; when the reward stopped there was no reason left to come; intrinsic motivation had been undermined

(b) any two: rewards that give information about improvement or effort; unexpected rewards rather than promised ones; give choice and build enjoyment and friendships, so needs are met

**3.2**

(a) coach A: mastery (task-involving) climate; coach B: performance (ego-involving) climate

(b) the mastery climate; success is defined by personal improvement, which every player can achieve, so perceived competence stays high; mistakes are part of learning, so anxiety is lower and enjoyment higher; in a performance climate the lower-ranked players feel incompetent and may drop out

**3.3**

award up to [6]: autonomy: give her choices, e.g. in training content or tournaments; explain reasons for tasks; competence: set achievable, progressive goals; give positive, informational feedback; relatedness: training with friends, a caring coach, team events; reduce controlling pressure (e.g. pressure to win, rewards tied to results), as it moves motivation towards controlled; aim to move her along the continuum towards identified and intrinsic motivation