

Overview

The application of psychological skills is vital to standing up to the rigours of training and competition. Commitment, motivation, confidence, concentration and controlling emotions are all vital to achieving excellence in your sport. To be successful, elite athletes need to develop and maintain high levels of mental toughness. You will be working with experienced and proficient coaching staff and other experts such as sports psychologists. However, you also have an important role to play in improving your psychological skills.

It is important that you can:

- understand the psychological demands to achieve excellence in your sport
- compare your own psychological skills with these demands
- understand and agree the main goals you need to set to apply psychological skills effectively
- work with your coaching and or other staff to plan a psychological skills development programme
- take part in the development programme to the best of your ability
- contribute to ongoing assessments and help to improve your psychological skills development programme
- apply your psychological skills at all times, particularly in a competitive situation
- evaluate how well you applied your psychological skills at all times, particularly in a competitive situation
- identify the key lessons for your future improvement.

This standard is divided into two parts. The first part describes the three things you have to do. These are:

- 1. Identify and agree a development programme to improve your psychological skills**
- 2. Implement a development programme to improve your psychological skills**
- 3. Apply and evaluate your use of psychological skills at all times, particularly in a competitive situation**

The second part covers the knowledge and understanding you must have.

Target Group

This standard is for athletes who have the realistic potential to achieve excellence in their sport and are seeking to perform at the highest level.

Develop your psychological skills to achieve excellence in your sport

Performance criteria **Identify and agree a development programme to improve your psychological skills**

- You must be able to:*
- P1 work with your coaching and or other staff to agree the **psychological demands** for excellence in your role(s)
 - P2 work with your coaching and or other staff to develop a profile of psychological skills relating to performance in your sport
 - P3 provide your own views and opinions as part of the analysis
 - P4 agree with your coaching and or other staff your main priorities for achieving psychological excellence in your role(s)
 - P5 work with your coaching and or other staff to identify **psychological goals** that meet your performance priorities
 - P6 work with your coaching and or other staff to plan and agree a development programme to achieve your **psychological goals**

Implement a development programme to improve your psychological skills

- You must be able to:*
- P7 take part in the planned psychological skills development programme as agreed and to the best of your ability
 - P8 study the analyses and follow instructions and demonstrations provided by your coaching and or other staff
 - P9 contribute to ongoing assessments of your progress
 - P10 provide feedback to your coaching and or other staff on how well the psychological skills development programme is meeting your needs
 - P11 work with your coaching and or other staff to modify the development programme so that you can achieve your **psychological goals**

Apply and evaluate your use of psychological skills at all times, particularly in a competitive situation

- You must be able to:*
- P12 work with your coaching and or other staff to identify how to make best use of your psychological skills at all times, particularly in a competitive situation
 - P13 discuss and agree with your coaching and or other staff how you can practise the necessary psychological skills before, during and after competition
 - P14 take part in pre-competition psychological practices to the best of your ability
 - P15 provide feedback to your coaching and or other staff on the effectiveness of pre-competition psychological skills practices and make suggestions for improvement
 - P16 integrate your psychological skills with your technical, tactical and physical skills at all times, particularly in a competitive situation

- P17 work co-operatively and objectively with your coaching and or other staff to evaluate your psychological performance
- P18 identify and agree with your coaching and or other staff how you can improve your use of psychological skills and how to apply them
- P19 discuss and agree with your coaching and or other staff how your **psychological goals** and psychological skills development programme can be improved

Develop your psychological skills to achieve excellence in your sport

Knowledge and understanding **Identify and agree a development programme to improve your psychological skills**

You need to know and understand:

- K1 sources of information on the psychological demands of your role in your sport and how to make use of these
- K2 the psychological demands of excellence in your role in your sport
- K3 how to work best with your coaching and or other staff on improving your psychological skills
- K4 the types of assessments that may be used to develop a profile of your psychological skills relating to performance in your sport
- K5 the importance of providing your own views and opinions during the development of your psychological skills profile
- K6 the types of psychological priorities that athletes in your role have to concentrate on to achieve excellence

Implement a development programme to improve your psychological skills

You need to know and understand:

- K7 the importance of setting, understanding and agreeing psychological goals to achieve excellence in your sport
- K8 the types of psychological goals that athletes at your level may need to set themselves
- K9 the main components of a psychological skills development programme at your level in your sport and how they should help you to achieve your goals
- K10 the types of information you can provide to coaching and or other staff to help them develop a psychological skills development programme appropriate to your needs
- K11 the importance of committing yourself to a psychological skills development programme and how to do so
- K12 how you can show that you are contributing positively to all aspects of the psychological skills development programme
- K13 why it is important that you give your coaching and or other staff honest feedback on how well the psychological skills development programme is meeting your needs
- K14 the types of things you should be feeding back on during the psychological skills development programme
- K15 ways in which a psychological skills development programme can be modified to meet your needs

Apply and evaluate your use of psychological skills, particularly in a competitive situation

You need to know and understand

- K16 how to make best use of your psychological skills at all times, particularly in a competitive situation
- K17 the types of psychological pre-competitive practices that can help you to prepare for competition and how to use them
- K18 ways in which you can help your coaching and or other staff to improve psychological pre-competition techniques
- K19 the importance of making thorough and objective evaluations of your competitive performance and the impact of psychological skills
- K20 methods that can be used to evaluate competitive performance and the psychological skills you are using
- K21 how to contribute to evaluations of performance
- K22 how to use evaluations to make further improvements to your psychological skills

Additional Information

Scope/range

- | | |
|----------|---------------------------------|
| 1 | Psychological goals |
| 1.1. | short term |
| 1.2. | medium term |
| 1.3. | long term |
| 1.4. | training |
| 1.5. | pre-competition practices |
| 1.6. | competition |
| 2 | Psychological demands |
| 2.1. | motivation |
| 2.2. | confidence |
| 2.3. | concentration |
| 2.4. | emotional control |
| 2.5. | dealing with success or failure |
| 2.6. | other appropriate demands |

SKAES14 SQA Unit Code H9AH 04

Develop your psychological skills to achieve excellence in your sport

Links to other NOS This standard links closely with SKAES11, SKAES12 and SKAES13.

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1

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Current

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Relevant occupations

Associate professionals and Technical occupations; Leisure, Travel and Tourism; Sport, Leisure and Recreation; Sports and Fitness Occupations

Suite

Achieving Excellence in Sports Performance

Key words

Develop; psychological; skills; achieve; excellence; sport