

Unit 1 Task Sheet 2(b)

AC2.2: Psychological procedures used to measure sporting performance.

Scenario: You have been asked by your PE teacher to evaluate some of the psychological procedures that can be used to measure sporting performance.

Explain a strength and a weakness of the following psychological procedures that could be used to measure sporting performance.

Method	Strength of Method	Weakness of Method
Questionnaires		
Sporting Behaviour Observations		
Video Analysis		
Behavioural Analysis		