UNIVERSITY OF CUMBRIA

COURSEWORK REASSESSMENT REQUIREMENT

Module Code: 5204
Module Title: Psychological Applications in Outdoor Contexts
Tutor: Neal Anderson
Title of the item of work: Presentation on psychological factors relating to developing personal performance in a mountain environment.
Wordage: 1500 words equivalent

Intended Learning Outcomes Assessed:

3. apply psychological and skill learning theory to the analysis, evaluation and progression of personal performance;

4. appraise and employ a range of skills associated to the movement and decision-making requirements of a potentially challenging mountain environment

Task:

To prepare and deliver a presentation that demonstrates the psychological factors relating to skill learning, movement and decision-making approaches that can be used when developing personal performance in a mountain environment. (15-minute presentation)

Expected Content:

- Presentation notes / slides to be submitted on turnitin
- 15 Minute Presentation
- Reference to your own experiences in applying the content of the module.

Clarification of terms:

- Mountain Environment should be interpreted broadly and could include lowland, upland, wooded valleys, moraines, rockfaces, steep slopes, high ridges, plateaus, etc.

- Developing personal performance can refer to the performance of yourself or another person.
- Psychological factors relating to skill learning, movement and decision-making approaches can include anything covered in the lectures or your wider reading.

As a reminder the lectures covered all this and more....
- *A PST ASSESSMENT to identify where someone want to improve their performance (Week 26)*
- *Conducting a MENTAL TOUGHNESS assessment (Week 12)*
- *Conducting a META PROGRAM comparison between when it's going well/going poorly (Week 11)*
- *Conducting a BELIEF AUDIT about expectations and desires (Week 24)*
- *Reviewing how COGNITIVE BIAS and DISSONANCE THEORY impact performance / planning (Week 15)*
- *Identifying a person's basic MOTIVATIONS or NEEDS (Week 11)*
- *Identifying a person's motivating CRITERIA or VALUES (Week 28)*
- *Identifying an OUTCOME goal and the steps that make up a set of PERFORMANCE goals (Week 24)*
- *Building a WELL-FORMED OUTCOME of the desired state / outcome / goal (Week 24)*
- *Using a DECISION-MAKING STYLE that will be a best fit with the other person (Week 28)*
- *Using IMAGERY to create a performance visualisation (Week 26)*
- *Discussing LEVELS OF FEAR and using chimp management techniques (Week 14)*
- *Planning ways to further develop SELF EFFICACY (Week 24)*
- *Selecting a suitable AROUSAL REGULATION technique (Week 26)*
- *Using WOOP to set a time and place for action (Week 24)*
- *Building MOTIVATION through what you say, and how you say it (Week 11)*

Your submission:

A set of slides must be submitted by the deadline on turnitin.
- If you have previously submitted set of slides for this module you can make alterations to the original submission and resubmit that. Please highlight all changes and additions though using a highlighter.

Presentations will be delivered online or in person.
- **Presentations should be 15 minutes.** This can include some Q&A time if you wish. Presentations shorter than 10 minutes are unlikely to be able to demonstrate the expected depth and breadth of knowledge, understanding and critical thinking at Level 5.

<u>SUBMISSION DATE AS PER STUDENT PORTAL AND ACADEMIC TRANSCRIPT</u>

To be submitted by **4.00pm** on **12/08/2022** through Turnitin