

Individual differences · supported focus

Supported focus · HL

Supported scope

- Supported HL focus. First assessment 2026; current SL/HL brief acquired. Remaining guide, assessment and practical requirements retain their recorded holds.
- State model conditions and distinguish fictional data from measurements.

Sport Psych · 1.1

Reasoning

Two athletes can react differently to the same competition. Their appraisal, experience and coping strategies affect the response. Start with a prediction. State the quantities or features you would compare, then decide what evidence could distinguish two explanations.

Sport Psych · 2.1

Reasoning

Motivation concerns initiation, direction and persistence of behaviour. Stress depends partly on the relationship between perceived demands and perceived resources. Arousal and anxiety are related but distinct constructs. motivation: Processes influencing initiation and persistence; coping: Strategies used to manage demands.

Sport Psych · 3.1

Reasoning

A self-report scale measures reported experience under its design. It does not diagnose a disorder or establish a universal relationship between arousal and performance. Analyse within-person and between-person variation separately. Use anonymous voluntary questionnaires approved by the school, avoid sensitive personal disclosure, and allow withdrawal. Compare the same task and time point, define the scale and explain its limitations.

Sport Psych · 4.1

Reasoning

State the known values and their units. Choose the relation because its assumptions fit this case, then rearrange before substitution. Known: reported scores are 2, 4, 4, 5 and 5. Mean = $\text{sum}/\text{count} = 20/5 = 4$. Range = $\text{maximum}-\text{minimum} = 5-2 = 3$. The mean summarizes this sample and scale, without proving why the participants differ.

Sport Psych · 4.2

Reasoning

Scores are 3, 5, 5 and 7. Find the mean. Use the same sequence: known quantities → model → relation → substitution → unit and interpretation.

Sport Psych · 5.1

Reasoning

Correlation does not prove that stress caused a performance result. Students should not induce distress to investigate coping. Return to the original observation. Explain what the result supports, which conditions it assumes, and one way to test a competing explanation.

Sport Psych · 5.2

Reasoning

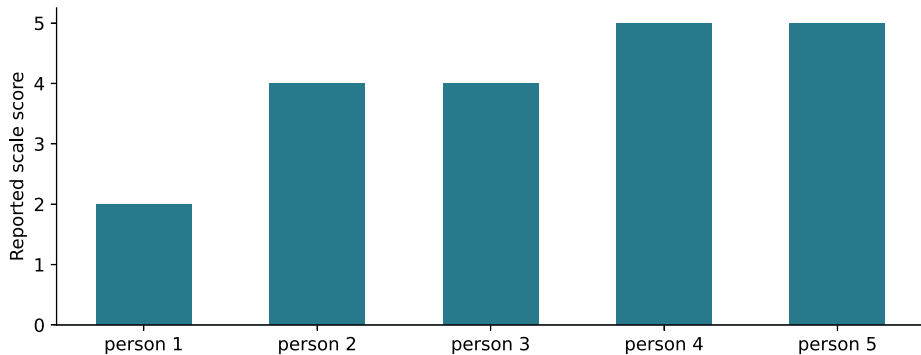
A self-report stress score is a medical diagnosis. This claim is false: Correlation does not prove that stress caused a performance result. Students should not induce distress to investigate coping.

Sport Psych · 5.3

Reasoning

Motivation, stress and evidence in sport: A self-report scale measures reported experience under its design. It does not diagnose a disorder or establish a universal relationship between arousal and performance. Analyse within-person and between-person variation separately.

Sport Psych · diagram



- Original teaching diagram: Motivation, stress and evidence in sport
- Use the labels and the stated model together.

Sport Psych · original transfer

Your turn

Fictional scores are 2,4,6,8 and 4,4,6,6. Compare means and ranges. Why does equal mean not show equal responses or a cause?

Sport Psych · transfer reasoning

Method and interpretation

Both means are 5; ranges are 6 and 2. Distributions differ. Scale validity, sampling and conditions matter; aggregate means do not prove psychological mechanisms.

Check yourself

- Explain coping using the stated model.
- Explain motivation using the stated model.
- Change one value in the original transfer; explain which assumption still matters.