4.7 Sport Psychology: Motivation, Intrinsic and Extrinsic: 10-minute Pack

AQA 8582 · Calculators not allowed · about 10 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer ALL questions. Show all your working.

1 For each performer below, state whether their main source of motivation described is intrinsic or extrinsic.

(a) "Leon trains because he loves the feeling of improving his personal best time." **(1)**

(b) "Priya trains hard because her club pays a bonus for every medal she wins." **(1)**

(c) "Harun keeps practising his free throws because he finds the challenge satisfying, even when nobody is watching." **(1)**

(d) "Zara works hardest in the weeks before the trophy presentation evening." **(1)**

(Total for Question 1 is 4 marks)

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2 Discuss the roles of intrinsic and extrinsic motivation in sport, using a named performer and a named sporting situation of your choice, and evaluate the risks of relying too heavily on extrinsic rewards.

(Total for Question 2 is 9 marks)

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Mark scheme · 4.7 Sport Psychology: Motivation, Intrinsic and Extrinsic: 10-minute Pack

Question 1

(a) intrinsic **B1**

(a) Answer: Intrinsic.

(b) extrinsic **B1**

(b) Answer: Extrinsic.

(c) intrinsic **B1**

(c) Answer: Intrinsic.

(d) extrinsic **B1**

(d) Answer: Extrinsic.

Question 2

Level 3 A detailed and coherent response that accurately distinguishes intrinsic from extrinsic motivation, applies both specifically to the named performer/situation, and evaluates the risk of over-reliance on extrinsic rewards with a balanced judgement. Sustained, accurate use of sport psychology terminology throughout. **7-9**

Level 2 Mostly accurate description of intrinsic and extrinsic motivation with some application to the named performer/situation, and some evaluation of over-reliance on rewards, though this may be underdeveloped or one-sided. Generally correct use of terminology. **4-6**

Level 1 Basic or generic statements about motivation with little or no accurate distinction between intrinsic and extrinsic sources and little specific application to the named example. **1-3**

Level 0 No relevant content. **0**

Indicative content:

- Intrinsic motivation: drive that comes from within the performer, e.g. enjoyment, pride, personal satisfaction, mastery of a skill.
- Extrinsic motivation: drive that comes from an outside source, split into tangible rewards (e.g. trophies, medals, money) and intangible rewards (e.g. praise, applause, recognition).
- Application: a reasoned link between the named performer's situation and which type of motivation is likely driving them at that point (e.g. a beginner motivated mainly by enjoyment; an elite performer partly motivated by sponsorship/prize money).
- Benefit of extrinsic motivation: rewards can genuinely boost effort and give a beginner an early reason to engage before intrinsic enjoyment has developed.
- Risk of over-reliance on extrinsic rewards: it can reduce a performer's intrinsic motivation over time, so the performer becomes dependent on the reward rather than motivated by their own enjoyment.
- Risk of over-reliance on extrinsic rewards: since rewards are not guaranteed (not every season/competition ends in a prize), a performer relying mainly on them risks a drop in motivation if the rewards stop.
- Risk of over-reliance on extrinsic rewards: rewards given regardless of genuine performance (e.g. participation trophies for everyone) can lose their motivational value because they no longer reflect real achievement.
- Evaluative point: the two types are not mutually exclusive; most performers are motivated by a mix of both, and a coach's aim is usually to build strong intrinsic motivation as the stable foundation, using extrinsic rewards carefully alongside it rather than as a replacement for it.

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