# 4.9 Mental Rehearsal, Imagery and Visualisation in Sport: 10-minute Pack

AQA 8582 · Calculators not allowed · about 10 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

**Answer in full sentences for questions worth 3 marks or more.**

**1** Tick one box to identify the example that best shows a swimmer using INTERNAL imagery.

- ☐ A) A swimmer imagines diving off the blocks and feeling the water rush past their own body, as if actually swimming
- ☐ B) A swimmer pictures footage of themselves swimming, as if watching a video from the poolside
- ☐ C) A swimmer imagines a teammate performing a perfect dive
- ☐ D) A swimmer reads their coach's written feedback notes before the race

**(Total for Question 1 is 1 mark)**

**2** Define internal imagery in the context of a gymnast mentally preparing for a floor routine.

**(Total for Question 2 is 1 mark)**

**3** State two different points in a performance at which an athlete might use mental rehearsal or imagery, other than only immediately before the event begins.

**(Total for Question 3 is 2 marks)**

**4** Name one sensory modality besides visual imagery that performers might include when mentally rehearsing a gymnastics routine.

**(Total for Question 4 is 1 mark)**


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**5** A badminton player is recovering from a wrist injury and cannot train physically for several weeks. Describe how the player could use mental rehearsal during this time to help maintain their mental readiness to return.

**(Total for Question 5 is 2 marks)**

**6** Give one example of a sporting situation, other than immediately before competing, in which a substitute waiting to enter play might benefit from using imagery.

**(Total for Question 6 is 1 mark)**

**7** State two differences between internal and external imagery, using a named sporting example in the prompt to set context: a diver preparing for a dive.

**(Total for Question 7 is 2 marks)**

**8** A high jumper uses imagery in the warm-up before a meet. State two specific things the athlete could rehearse using internal imagery to improve performance.

**(Total for Question 8 is 2 marks)**


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# Mark scheme · 4.9 Mental Rehearsal, Imagery and Visualisation in Sport: 10-minute Pack

## Question 1

A **B1**

**Answer: A**

## Question 2

seeing the skill from the performer's own point of view, oe **B1**

**Answer: Internal imagery is picturing the routine from the gymnast's own eyes, as if they are experiencing the actions themselves.**

## Question 3

during a break in play or between attempts, e.g. at a rest interval or between events in a multi-event competition, oe **B1**

after the event/performance, to review or analyse what happened, oe **B1**

**Answer: For example, during a break in play or between attempts, and after the event to review what happened.**

## Question 4

kinesthetic or kinaesthetic (feeling of movement) or auditory or tactile **B1**

**Answer: Kinesthetic (feeling of movement).**

## Question 5

the player could mentally rehearse/imagine performing key shots and movements correctly, keeping the mental picture of the skill fresh while unable to physically practise, oe **B1**

this can also help build confidence and reduce anxiety about returning to full training or competition after the injury, oe **B1**

**Answer: The player could mentally rehearse key shots and movements to keep the mental picture of the skill fresh while unable to train physically, which can also help build confidence and reduce anxiety about returning after the injury.**

## Question 6

e.g. while waiting on the bench or warming up, the substitute imagines their first touch, movement into position or a successful early action after entering play, oe **B1**

**Answer: For example, while warming up on the touchline, the substitute could imagine their first touch and movement into position after entering play.**

## Question 7

internal: seen from diver's own eyes, oe **B1**

external: seen as if watching the diver from outside, oe **B1**

**Answer: Internal imagery: the diver sees the dive from their own eye line; External imagery: the diver sees themselves from outside, like a spectator or coach.**

## Question 8

rehearse the run-up rhythm and stride pattern from their own viewpoint, oe **B1**

rehearse the take-off timing and body position at the bar from their own eyes, oe **B1**

**Answer: For example, rehearsing the run-up rhythm and stride pattern from their own viewpoint, and rehearsing the take-off timing and body position at the bar from their own eyes.**


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