4.9 Mental Rehearsal, Imagery and Visualisation in Sport: Test Pack

Total Marks

AQA 8582 · Calculators not allowed · about 15 minutes

Name: _____ Date: ____ / ____ / _____

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

1 Which of the following best defines mental rehearsal or imagery in sport?

- ☐ A) Practising a physical skill repeatedly with a coach present
- ☐ B) Seeing or feeling a skill or performance in the mind before or during doing it
- ☐ C) Warming up the muscles before competition
- ☐ D) Measuring progress using performance statistics

(Total for Question 1 is 1 mark)

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2 Define external imagery in the context of a footballer visualising taking a penalty kick.

(Total for Question 2 is 1 mark)

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3 Describe how a golfer about to putt could use auditory imagery as part of their mental rehearsal, in addition to a visual picture of the ball going into the hole.

(Total for Question 3 is 2 marks)

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4 State whether internal or external imagery is generally considered closer to how a performer actually experiences performing the skill themselves.

(Total for Question 4 is 1 mark)

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5 A rugby kicker preparing to take a conversion is told to make their mental images as vivid (clear and realistic) as possible. Explain why vividness is important for effective mental rehearsal.

(Total for Question 5 is 2 marks)

6 A long jumper reviews a poor performance after competing by mentally replaying the jump and picturing how they should have adjusted their run-up. Describe this use of imagery and explain one benefit of using it in this way.

(Total for Question 6 is 2 marks)

7 A hurdler and a shot putter both use mental rehearsal before competing. Explain why the specific content of what each athlete pictures is likely to differ, giving one likely difference in your answer.

(Total for Question 7 is 3 marks)

8 A football captain uses imagery during half-time to plan tactical changes for the second half. Explain three ways this use of imagery could support decision making and team communication.

(Total for Question 8 is 3 marks)

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Mark scheme · 4.9 Mental Rehearsal, Imagery and Visualisation in Sport: Test Pack

Question 1

B **B1**

Answer: B (Seeing or feeling a skill or performance in the mind before or during doing it)

Question 2

watching oneself perform from an outside viewpoint, oe **B1**

Answer: External imagery is picturing oneself performing the kick as if watching from outside the body, like viewing a replay.

Question 3

the golfer could imagine/recall the sound of the ball being struck cleanly and dropping into the hole, oe **B1**

this adds to the vividness/realism of the mental rehearsal alongside the visual image, making it feel more like the real performance, oe **B1**

Answer: The golfer could imagine the sound of the ball being struck cleanly and dropping into the hole, which adds to the vividness of the mental rehearsal alongside the visual image, making it feel more like the real performance.

Question 4

internal imagery, oe **B1**

Answer: Internal imagery.

Question 5

a vivid, clear image, including sights, sounds and feelings as if really there, is closer to the real performance, oe **B1**

so it prepares the muscles and mind more effectively/realistically than a vague or unclear image, giving more benefit to the actual kick, oe **B1**

Answer: A vivid, clear image that includes sights, sounds and feelings as if really there is closer to the real performance, so it prepares the muscles and mind more effectively than a vague or unclear image.

Question 6

this is using imagery after the performance to review/analyse what happened, rather than to prepare beforehand, oe **B1**

benefit: it can help the athlete identify and mentally correct/rehearse the technique for next time without physically repeating the mistake, oe **B1**

Answer: This is using imagery after the performance to review what happened, rather than to prepare beforehand. It can help the athlete identify and mentally correct the technique for next time without physically repeating the mistake.

Question 7

mental rehearsal should reflect the specific skill and demands of the athlete's own event, oe **B1**

the hurdler might picture a sequence of movements over time, e.g. clearing each hurdle with correct technique and rhythm, oe **B1**

whereas the shot putter might picture a single, short, powerful action, e.g. the release technique and follow-through, oe **B1**

Answer: Mental rehearsal should reflect the specific skill and demands of the athlete's own event. The hurdler might picture a sequence of movements over time, such as clearing each hurdle with correct rhythm, while the shot putter might picture a single, short, powerful release action.

Question 8

imagery can help the captain mentally rehearse specific plays, making the tactical idea clearer to communicate, oe **B1**

imagery can help anticipate opponents' positions and likely responses, improving decision making, oe **B1**

imagery can help the captain practise concise instructions and body language to use when speaking to teammates, improving clarity of communication, oe **B1**

Answer: Imagery can help the captain mentally rehearse specific plays so the tactical idea is clearer to communicate, help anticipate opponents' positions and likely responses to improve decisions, and help practise concise instructions and body language to use when speaking to teammates.

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