**School of Public Health, Physiotherapy and Sports Science**
**University College Dublin**

**PERS 20130 Assignment**

# Exploring the Motivational Climate

**Due:** **11pm, Friday, 19th November 2021. Submitted electronically on Brightspace**

**Length:** **900 words; 10% over the word count is allowable**

**Value:** **50% of final grade**

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## Assignment Overview

There is increasing evidence to show that individuals in a position of authority, such as a coach or exercise instructor, play a critical role in establishing the motivational climate in sport and exercise settings.

The purpose of this assignment is to provide you with an insight into sport and exercise psychology in an applied setting. More specifically, this assignment will allow you an opportunity to recognise, through observation, effective and ineffective behaviors of an authority figure and recommend appropriate modifications to improve / enhance the overall motivational climate which he / she has created.

For this assignment you are required to: (a) observe individuals participating in a sport or exercise session of your choice, (b) reflect on the type of climate created by the authority figure, and (c) evaluate and discuss the effectiveness / appropriateness of such a climate from theoretical and applied sport psychology perspectives.

## Assignment Details

Your analysis should be 900 words maximum and should include:

1. A very brief description of the context (i.e., characters involved, setting, outline of the events)
2. A detailed theoretical/conceptual description and critical evaluation of the climate created (i.e. provide brief definitions of types of climates (task / ego) highlighted in the academic literature and **use the TARGET framework** to structure your assessment of the climate created in the session you observe. You **must address each element of the TARGET framework. The TARGET framework was discussed in the lecture in Week 4.**

3. A detailed description of the effective strategies (i.e., method or methods) that you would implement with the authority figure to improve / enhance the climate which he / she has created. Please use relevant research to support your rationale for these strategies
4. You are required to cite **at least 6 academic references** (relevant research articles or book chapters – they must be linked to sport or exercise context). Do not use websites as references. References should ideally be less than 10 years old (i.e., not published before 2010). Your reference list does **not** count towards the 900 word limit.

**Please do not interact with the authority figure or any of the class members / athletes. Your task is to simply observe and then report on your observations.**

**Please do not observe the interactions during a match / competition, you should observe a training session instead. There will be more interactions between the coach and players /athletes in a training session than in a match / competition.**

**Please adhere to public health guidelines when observing the training session.**

## Assignment Marking Criteria

**Introduction (5 marks)**

- A very brief description of the context (i.e., characters involved, setting, outline of the events)
- Clear statement of the aim of the paper (e.g., The aim of this paper is to...)
- Brief outline of how the paper is structured

**Theoretical description and critical evaluation of the motivational climate created (45 marks)**

- A brief explanation of achievement goal theory to include a definition of motivational climate (e.g., mastery vs ego)
- A clear brief description of the TARGET framework
- The climate is critically assessed using **each** component of the TARGET framework with use of academic literature to support some / all points
- An evaluation of the overall climate is made based on your assessment

**Practical application of strategies to enhance to climate assessed (30 marks)**

- A detailed description of 2-3 strategies that you would implement with the authority figure to enhance the climate which he / she has created
- Use of academic literature (not websites) to support rationale for the selected strategies

**Background reading (10 marks)**

- Evidence of reading for the assignment. Citing of **at least six relevant academic references** (research articles or book chapters, not websites).

**Referencing and expression / presentation (10 marks)**

- Use of APA referencing style in your reference section
- Clear and readable work is presented
- Use of correct spelling and grammatical conventions

**Please note:** In some very rare instances, you may decide based on your assessment of the climate created that no amendments to the authority figure's behavior are required. If this is the case, you must make provide a detailed argument in your assignment for this, using research to support your case.

## Assignment Grade Descriptors

Grade descriptors are general guidelines which enable a student to understand what broad parameters must be met to achieve a particular grade. The descriptors below are for *guidance purposes only*.

**Grade A: A comprehensive, highly-structured, focused and concise response to the assessment task**

1. An extensive and detailed knowledge of the subject matter.
2. A highly-developed ability to apply this knowledge to the set task
3. Evidence of extensive background reading.
4. Clear, fluent, stimulating and original expression. Excellent presentation (spelling, grammar, graphical) with minimal or no presentation errors.

**Grade B: A thorough and well-organised response to the assessment task but may have some small omissions and may lack some fluency.**

1. A broad knowledge of the subject matter
2. A considerable strength in applying that knowledge to the task set
3. Evidence of substantial background reading.
4. Clear and mainly fluent expression. Quality presentation with few presentation errors

**Grade C: An adequate and competent response to the assessment task, but descriptive rather than critical**

1. Adequate but not complete knowledge of the subject matter
2. Omission of some important subject matter or the appearance of several minor errors. Capacity to apply knowledge appropriately to the task albeit with some errors
3. Evidence of some background reading
4. Reasonable structure but answer lacks focus / coherence in certain sections. Reasonable standard of English but some errors.

**Grade D: An acceptable response, descriptive with omissions or errors in interpretation.**

1. Basic grasp of subject matter, but somewhat lacking in focus and structure
2. Main points covered but insufficient detail. Some effort to apply knowledge to the task but only a basic capacity or understanding displayed
3. Several minor errors or one major error
4. Little or no evidence of background reading.
5. Satisfactory presentation with an acceptable level of presentation errors

**Grade E: A response to the assessment task which fails to meet the minimum acceptable standards**

1. Shows some knowledge but does not address the question

2. Uncritical and descriptive. Has two major errors and some minor errors
3. Very poor structure / organisations. Lacks any clear focus
4. Shows substantial problems with standard of English

## Assignment Formatting & Referencing

### Format of Completed Assignment

All written assignments must also be submitted electronically via Brightspace.

LATE ASSIGNMENTS WILL RECEIVE A REDUCED MARK. See the UCD policy regarding late assignments at http://www.ucd.ie/registry/academicsecretariat/late_sub.pdf.

OVERLENGTH ASSIGNMENTS WILL BE PENALISED.

Your assignment ***must*** be word processed. It must be **1.5 or double-spaced** and in 11pt or 12pt font with, at least, a 1 inch (2.54cm) margin on all sides of the page.

**You must include a word count at the end of your assignment.**

**You must include a completed 'Assessment Submission Form' with your assignment. Assignments that are submitted without this form will not be graded.**

### Referencing

Unless you are making an original comment, you must acknowledge/cite the source of the idea in the body of the text.

Include a *separate* reference page that indicates the articles and book chapters you used. The guidelines for correct referencing and citation can be found in the 5th edition of the Publication Manual of the American Psychological Association (APA Manual). **Your reference list does not count towards the 900 word limit**. For details on APA referencing style see

https://libguides.ucd.ie/apastyle

**Referencing Examples:**

*Journal Article:*

Raedeke, T. D., & Smith, A. L. (2001). Development and preliminary validation of an athlete burnout measure. *Journal of Sport & Exercise Psychology, 23*, 281-306.

*Book Chapter:*

West, S. G., Finch, J. F., & Curran, P. J. (1995). Structural equation models with nonnormal variables: Problems and remedies. In R. H. Hoyle (Ed.), *Structural equation modeling: Concepts and applications* (pp. 56-75). Thousand Oaks, CA: Sage.

*Internet Source:*

Wygant, S., & Lindorf, R. (1999). Surveying collegiate Net surfers -- Web methodology or mythology. *Quirk's Marketing Research Review* Retrieved Oct 2, 2005, from http://www.quirks.com/articles/article_print.asp?arg_articleid=515

## Extensions

Students seeking to submit a coursework assessment item after the due date must apply for an extension **in advance VIA EMAIL with the module coordinator** and accompanied with appropriate documentation. Extensions are only granted for genuine reasons and are regarded as an exception. Please note that poor time management does not constitute an acceptable reason and students may be asked to produce their work to date before an extension is considered.

## Plagiarism

Plagiarism is entirely unacceptable at UCD. Please familiarise yourselves with the UCD Policy on Plagiarism and note in particular that *accidental* or *unintentional* plagiarism is not considered a valid excuse for plagiarism. You should also be aware that in signing the assignment cover sheet you are confirming that the work contained therein is *your own work* except where appropriately cited. If your work is found to contain plagiarism, it means that you have willingly and knowingly lied in your signed statement. This is an explicit case of intellectual fraud and academic integrity. If you are unsure what plagiarism is or are concerned about how to reference, please feel free to consult the lecturer or Module Coordinator.