

## Themen Peter Gröpel: „Psychologische Faktoren im \*Sport“

**Zusammenfassung:** Es werden psychologische Faktoren einer gewählten Sportart selbständig recherchiert, und mit Performance Profiling empirisch erfasst und analysiert. Dafür werden Interviews mit erfahrenen Athleten durchgeführt. Die Betreuung der BA Arbeiten findet in Kleingruppen-Setting statt (vier Meetings), die Anwesenheit ist obligatorisch. Die Arbeit soll in deutscher oder englischer Sprache abgefasst werden.

\*Je nach der ausgewählten Sportart anpassen (z.B. "Psychologische Faktoren im Fußball").

### Description and Literature

TOPIC: Psychological Determinants of \*Sport

**RELEVANCE:** Different types of sport place different demands on athletes, which in turn may reflect considerably different factors underlying successful performance in a sport type. In order to build up necessary skills for a particular sport and target psychological interventions, the identification of psychological determinants of that sport constitutes the essential first step. The aim of this bachelor thesis therefore is to select a particular sport and, using a structured interview with athletes, identify the relevant psychological determinants.

**METHOD:** Students will learn and apply Performance Profiling, an easy-to-use method to identify physical and psychological determinants of sports. They are expected to conduct (and analyze) semi-structured interviews with 10 athletes (and/or coaches) from their selected sport. The supervision will be provided in group settings; there will be four obligatory meetings.

#### BASIC LITERATURE:

Butler, R. J., & Hardy, L. (1992). The performance profile: Theory and application. *The Sport Psychologist*, 6(3), 253-264.

Weston, N., Greenlees, I., & Thelwell, R. (2012). A review of Butler and Hardy's (1992) performance profiling procedure within sport. *International Review of Sport and Exercise Psychology*, 6(1), 1-21.

**IMPORTANT:** It is expected that students search for further literature, especially regarding the selected sport type. What have recent authors identified as the most relevant determinants (and/or skills) of the selected sport? Do those determinants reflect your findings, as compared to what you have documented in the interviews?

### Structure of the Thesis

1. **INTRODUCTION:** Introduce the aim and the relevance of your work. Define the key concepts and recent work (basics about the sport type; determinants of the sport type as evidenced in the recent literature; the method of performance profiling).

2. **METHOD:** Describe the methodology in details. This included the description of sample characteristics (participants), methods used (the details on performance profiling used in the thesis), and procedure (settings, duration of interviews etc.).

3. **RESULTS:** Analyze the interviews using basic statistics (frequencies, percentages).

4. **DISCUSSION:** Provide a brief summary of results. Compare your results qualitatively with what has been reported in recent literature. Discuss implications for future research and/or practice.