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Sport & Exercise Psychology

Problem-Solving Term Research Paper Information and Instructions

Assignment Objectives:

At the end of this assignment student will be able to:

1. Utilize research tools to gather information on selected psychological problems and the necessary 'psychological skills/techniques' that may be utilized to address the problem.
2. Discuss and write about a psychological problem i.e anxiety, motivation, self confidence etc, and the utilization of 'psychological skills training/techniques' that address this problem, in detail.
3. Write with correct spelling, grammar, and sentence structure.
4. Present information in correct APA format.
5. Create an APA Reference page.

Requirements:

1. Research a psychological problem and the accompanying 'psychological skills training/ techniques' that may address the problem i.e (anxiety, motivation, YIPS, self confidence etc,...while performing in competitive sport), local library or scholarly internet-based reference articles (peer-reviewed).
 - introduction / description of a problem
 - a review of research from peer-reviewed journals that address the problem
 - review and critique of peer-reviewed research journals that solve the problem utilizing 'psychological skills training/techniques'
 - a conclusion
2. Find at least **3** scholarly references or resources, which will be cited in the text and in a Reference Page in correct APA format. **Remember that Wikipedia is not a scholarly reference** as it is not peer-reviewed regularly - anyone can post to it and it is not updated on a regular basis.
3. Do work individually creating an original paper. Papers submitted previously will not be accepted.
4. Provide a **minimum of 4 full pages of narrative** (a full page means all the way to the end per the margins and typically page measurement, which is 8 1/2 x 11). Written work or narrative does not include the cover page and/or reference page. Do not exceed 8 pages of narrative (this does not include the cover page and/or reference page).
5. Your research paper must be in **APA format**, which includes the title page, in-text citations, proper header, and citations on the reference page. **No abstract is required** but paper must be double-spaced on 8 1/2 x 11 page, in 12-inch font, Times New Roman. Citations must be in correct APA format.

6. Review information at <https://owl.english.purdue.edu/owl/resource/560/01/> (Links to an external site.)Links to an external site. before finalizing and submitting work.



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