Sports Science assignment-Academic report

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1. Psychology of peak performance

In this area, the idea would be to deliver a competitive assessment with a client on psychological strengths and weaknesses. From the performance profile of Butler, 1989, the support is considerable with the inception of the assessment tool. Developing the natural application, the personal construct theory idealizes the consumer's variety including intrinsic motivation and confidence with a moral cause. While the early stage seems to derail with the beneficial impact but the critique is to highlight on the priorities of the attention of the public and its behavior on theoretical assumption. However, the consultation is depicted in the written feedback.

2. Written feedback

1. Introduce PP

What is Performance Profiling?

Performance profiling (PP) is a procedure of analyzing and investigating program's runtime behavior in order to determine how one would optimize program's performance. This helps in optimization of an application. Here, the data is used for analysis of the program being executed. In order, PP of .NET applications helps the developers and evaluates performance characteristics of the software (Sung Eun Chung and Meneely, 2012).

Origins of PP

Performance profiling with the help of .NET language identifies a specific section of the .NET code to develop performance improvement. It also facilitates the accurate estimation of the execution of .NET code. Besides, it helps to visualize performance issues for addressing and better understanding. PP also acts as a prevention tool when .NET performance profiler is used

to get the baseline snapshot. Snapshot can also keep track of the particular feature where performance issues may use the bottlenecks (Sproule, 2012).

Theoretical underpinnings of PP

PP technique stems from the personal psychological framework and identifies understanding athlete's perceived needs in some areas of improvement. With of this popularity, the current practices and descriptions may fail to depreciate the key tenets of PCP. According to the purpose, PP technique describes a theoretical framework by taking the role as a sports psychologist. Mu, Shankar and Lysecky (2013) suggests that the theoretical perspective of PP is rapid because of the potential enhancement of understanding athlete's performance.

2. Application of PP

Types of PP

PP is of three types based on the output. First, the Flat profiler computes the average call times from the calls and they do not break down the call times based on the context. The next is the call graph profiler that shows the call times as well as frequencies of the functions based on the call chains. The last one is the input sensitive profiler that has further dimensions to call graph profilers in relation to performance measures. This generates charts, which would characterize the application performance scales.

Uses of PP

PP is used to provide athlete with developmental agenda and focus in training in order to improve performance. PP is also used to establish secure relationships between the parties for

gaining understanding on the expectations they proceed. This tool also raises individual's self-awareness in terms of current ability or enhancing adherence to different programs (Göbel, 2012).

Processes adopted for PP

PP comprises of fours processes. The first step is to coach outlines of the performance profiling process. The second step is if the athlete identifies the characteristics of the elite athlete for the sports event. The third step is the athlete rates each term as level of self-assessment and importance and the last step is the coach and athlete analyses the results to agree in a straightforward way (Eijkenaar and van Vliet, 2013).

3. Critique of PP

Strengths associated with PP

As a sport psychologist, the consultation would begin with the steps first by introducing the idea, the next is the constructs and the last is the assessment. Firstly, the athlete needs to be aware of PP that can help with direct training to the areas with specific needs. This process aids with mental trust that can remain strictly confidential. Second, is the constructs where the athlete involves actively in stage of profiling and raises question directly to the group in team situations. The last is the assessment where the athlete rates the perceived value on basis of the elite performance (Du, 2012). Hence, these ratings would be highly specific because this sports places demand on the performers.

Practical recommendations

The practical recommendations for PP that would help the psychologists and coaches for developing better understanding of athletes are as follows:

o Clarifying athlete and coach vision by highlighting the key determinants with elite performance

o Providing means by monitoring progress of that particular situation

o Highlighting the discrepancies between the coach and athlete to regulate the assessment performance

4. Client report

Client's weaknesses

Where there is sports psychology, performers can either ensure how their mental skills work. Thus, the client's weaknesses are unfavorable to the situation observed on mental training and fitness. If the client is not familiar with the psychological skills and training, they may often do not realize the range of options that are available to improve performance. Here, the real skills of the psychologist match the athlete's requirements with appropriate techniques. Moreover, the client's intrinsic motivation can weaken the application with the external controls (Darcan and Badur, 2012).

Hypothetical next steps for an S/E Psych

The intrinsic motivation can be enhanced when athlete finds comfort with the environment. To avoid these discrepancies, the athlete must take an entry to establish secure relationship. Next step must find the ability to analyze the performance without implementing a program. Last step

is to work alongside with the discrepancy of the opinion along with the disagreement of the stage

practitioner (Göbel, 2012).

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