



ISPAN'S Customized PSYCHOLOGICAL EVALUATION REPORT

Name: Gurvith Chethan
Age: 11 ½
Sports: Swimming
Level of sports: Beginner
Coach: Karthik
Academy: Floating Arena

PSYCHOLOGICAL EVALUATION

	Low	Moderate	High
<u>Competitive Behavior questionnaire</u>	✓		
<u>Sport competition anxiety test</u>		✓	

Recommendation:

- Self-Compassion Training
- Personality development
- Integrated Mental and Physical Training