



ISPAN'S Customized PSYCHOLOGICAL EVALUATION REPORT

Name: Tushar M Gowda

Age: 13

Sports: Swimming

Level of sports: Competitive

Coach: Karthik/ Rashmi

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