

ISPAN'S CUSTOMISED PHYSICAL & PSYCHOLOGICAL ASSESSMENT

REPORT & RECOMMENDATION



NAME- Viplav Shrimal

AGE- 14 YEARS

SPORT- SWIMMING

LEVEL- COMPETITIVE LEVEL

PSYCHOLOGICAL EVALUATION

	Low	Moderate	High
<u>Sports anxiety scale</u> Worry			✓
Concentration disruption	✓		
Somatic trait anxiety		✓	
<u>Cognitive Assessment Questionnaire</u> Forgetfulness		✓	
Distractibility			✓
False triggering	✓		
<u>Competitive Behavior questionnaire</u>		✓	

Recommendation: Personality development, Individual counselling sessions and Long term athletic plan for mind and body preparation, effective conditioning and performance enhancement. (Custom programmes)