



## ISPAN'S Customized PSYCHOLOGICAL EVALUATION REPORT

**Name:** Vivaan P Gowda  
**Age:** 11  
**Sports:** Swimming  
**Level of sports:** Competitive  
**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