



WELSH BACCALAUREATE

Advanced

Individual Project

Bangor University – School of
Sport, Health and Exercise
Sciences



Brief – Pressure to perform and missing your 'winning' chance

Performing sports under pressure often results in uncharacteristic fails e.g., missing a penalty, a conversion, a basket, or a putt that you would normally score or perhaps producing an incorrect move in gymnastics, ballet, or dance that you normally produce flawlessly. In sport, this reduction in performance because of pressure is termed 'choking'.

In recent years, many sports scientists, sports psychologists, and performance directors have developed interventions to help their athletes maintain, or even increase, their performance when under pressure situations. Some of these include training with pressure, learning implicitly (without set rules), and asking athletes to focus of the outcome of their actions (e.g., the swing of their golf club or the flight of the ball they just struck/threw) rather than focusing on their own movements (e.g., the movement of their arms, feet, head, legs etc.). For examples, see the following:

We should perhaps consider whether the application of these interventions might, in the long term, give rise to athletes who burnout or disengage in sport because of the pressures within training. This, together with the task of designing new interventions designed to aid athletes to performance under pressure are important points for sports professionals to consider.

Contacts- <https://www.bangor.ac.uk/sport/>



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Brief – Energy and Hydration Drinks

The following statements could form the basis of your research project.

The energy and hydration drink market is a multi-million pound business opportunity that many commercial companies (e.g. Lucozade, Red Bull, Science in Sport) exploit. The relationship between energy availability/hydration and performance is one of the most researched topics in sport science. However recently this research has been challenged (e.g. D. Cohen. The Truth About Sports Drinks. British Medical Journal 2012;345:e4737).

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Brief – Humans at the extreme

The following statements could form the basis of your research project.

Extreme environments may be hot, cold, have low barometric pressure (at high altitude) or have high barometric pressure (when diving). Many people travel to extreme environments for recreation (e.g. skiing, travelling and trekking), their occupation (e.g. military and mine workers), or to compete (e.g. Olympics). Such extreme environments pose various threats to human health and performance, leading humans to implement various strategies to acclimatise, adapt and compensate accordingly.

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