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EE/RPPF

For use from May/November 2018

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Candidate personal code:

Extended essay - Reflections on planning and progress form

Candidate: This form is to be completed by the candidate during the course and completion of their EE. This document records reflections on your planning and progress, and the nature of your discussions with your supervisor. You must undertake three formal reflection sessions with your supervisor: The first formal reflection session should focus on your initial ideas and how you plan to undertake your research; the interim reflection session is once a significant amount of your research has been completed, and the final session will be in the form of a viva voce once you have completed and handed in your EE. This document acts as a record in supporting the authenticity of your work. The three reflections combined must amount to no more than 500 words.

The completion of this form is a mandatory requirement of the EE for first assessment May 2018. It must be submitted together with the completed EE for assessment under Criterion E.

Supervisor: You must have three reflection sessions with each candidate, one early on in the process, an interim meeting and then the final viva voce. Other check-in sessions are permitted but do not need to be recorded on this sheet. After each reflection session candidates must record their reflections and as the supervisor you must sign and date this form.

First reflection session

Candidate comments:

Initially, I had decided that my EE would study the relationship between years of training and accuracy in pistol shooting. However, upon discussion, I realized that it would be more practical to research on new training methodologies to improve performance in the sport since this will allow me to directly impact athletes in my community. Therefore, I discussed the possibility of exploring how a specific psychological training method effects accuracy in air pistol. The two psychological training methods that I thought of studying were either Mental Imagery or Mindfulness Meditation Therapy (MMT). Upon reading a 2014 paper from Universal Journal of Psychology titled "The Relationship between Relaxation Techniques and Sport Performance" that compared MMT and Imagery, I learned that there existed a positive correlation between both training methods and performance. However, upon discussion, I concluded that my EE should study MMT instead of Imagery because meditation has originated in India and is quite an accepted part of Indian culture. Therefore, the experimental group would be more willing to practice it as compared to Imagery.

Date:

Supervisor initials:



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**Interim reflection**

Candidate comments:

During the interim reflection session, I discussed the RQ that I had come up with. Upon discussion, I decided that in order to make the study more focused to a location, I should add the words "from Mumbai" to the RQ.

A challenge I faced was in incorporation of various psychological models of sporting performance into the theoretical background of the EE. After reading the paper "Contrasting Concepts of Competitive State Anxiety in Sport" published in the Online Journal of Sports Psychology, I gained a comprehensive understanding of the Inverted-U, Multidimensional-Anxiety and Catastrophe Theories. Through discussion with my supervisor, I decided to incorporate only the Inverted-U and Catastrophe Theories into my EE because I learned that there existed "scant research to offer full support for the Multidimensional Theory" and disagreement amongst sports-scientists over its reliability. I look forward to doing further research on sports psychology to incorporate it in my EE.

Date:

Supervisor initials:

Final reflection - Viva voce

Candidate comments:

The EE writing process has been an intellectually challenging experience and has taught me how to read, analyse and evaluate findings from research papers. The process was particularly enjoyable because I was able to apply Sports Science theory to my favourite sport of 10m Air Pistol.

A particular challenge that I faced was in the data-collection process. Since I work as a part-time coach at the local range, I was able to gain the necessary permissions to organize two matches. Initially I had decided to collect data for 50 athletes. However, I had to reduce this number since I was finding it difficult to coordinate and ensure attendance of 50 athletes to both matches. Therefore, I conducted an experiment of 28 participants. This number was small enough for me to coordinate with, but large enough to conduct the statistical T-Test and test reliability of the results. I am excited about applying the learnings from the EE to my own training programme and to the training programme of my peers.

Date:

Supervisor initials:

Supervisor comments:

Supervisor: *By submitting this candidate work for assessment, you are taking responsibility for its authenticity. No piece of candidate work should be uploaded/submitted to the e-Coursework system if its authenticity is in doubt or if contradictory comments are added to this form. If your text in the box below raises any doubt on the authenticity of the work, this component will not be assessed.*

Student justified evidently why he was interested to conduct investigation in this particular topic. As a competitive air pistol shooter he was curious about possible influence the effects of meditation on the accuracy of 10 meters air pistol shooters during competition time. Furthermore he was hoping, this study could be the beginning or part of the bigger project of helping to improve performance in the sport since this will allow me to directly impact and improve the accuracy of the shooters in the Indian community. The range of literature he gathered from different sources to support this experiment from theoretical point of view it shows his personal engagement to this study. Having said that, it is worthy to mention that he came out independently with the: RQ, methodology and measurement tools for this study. He also arranged and motivated all participants to be part of this quite challenging procedure. Holistically the essay is much focused. As I have already mentioned he used good breadth of theory to answer the RQ and carry out the investigation process. He established some of good links that explain the investigation in a logical manner and the buildup to the final conclusion. He used appropriate techniques and statistical tools to collect and calculate the data.

