

EXAM PREPARATION TIPS

Swim England's SSSM Team

Training During Exams

Training Improves Mental Capabilities

Increased Speed & Accuracy of Task Processing.
Short Term (1 - 3 Hours) & Long Term

Stopping Training Showed a Decline in Cognitive Ability for a number of Weeks (Short Term Memory and Spatial Learning)

Training Improves Hormone Circulation

Increases Dopamine Levels (The Feel Good Hormone)

Improves Alertness and Reduces Anxiety

Exam Tips

1

Organise

Plan your study schedule. Set realistic time goals for study periods (e.g. 45mins). Build in breaks and give yourself 5 minutes to set up before you start.

2

Communicate

Communicate with your Coach and agree on a training/revision schedule.

Discuss with your coach when your key sessions are during each week to ensure a balance is maintained.

3

Stay Tidy & Avoid Distractions

Keep your study space tidy. When you switch subjects put away books etc. you're not using. Avoid distractions (e.g. put your phone out of reach). Be honest with yourself about what distracts you.

4

Relax

Stress reduces our memory function so find time to relax while revising and during exams. Chat to friends, watch something funny and use breathing or imagery to relax. During exams take deep breaths and avoid rushing.

5

Sleep

Sleep is essential for maintaining concentration and memory recall. See the Swim England Sleep Infographic for further support.

6

Hydration & Fuel

Your brain needs energy just like your muscles. Maintain a healthy diet to help fuel yourself optimally. Also maintain hydration through the day this improves memory and attention.

7

Prepare

Reducing the number of unknowns has been shown to reduce exam anxiety.

Where is the exam?
What time does it start/end?
What equipment do you need to take?

8

Maintain your Mobility

Poor posture while revising can cause back, shoulder and hip tightness. To avoid this move around between revision blocks and perform your self-checks everyday. See self-check resource for more details.

IF YOU NEED FURTHER SUPPORT CONTACT US BY EMAIL:

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