

G.C. FOSTER COLLEGE OF PHYSICAL EDUCATION & SPORT

DIPLOMA IN SPORTS MASSAGE AND FITNESS

MAY 2017 EXAMINATION

MOTIVATIONAL PSYCHOLOGY

Year 1

Duration: 2 hours

SECTION A

Do all of the following in this section.

1. . This is the study of the physiological basis of behavioural and mental experiences:
 - a. biopsychology
 - a. social psychology
 - b. behavioural psychology
 - c. mental psychology
2. An attempted remediation of a health problem is called:
 - a. Emotion
 - b. Therapy
 - c. Sensation
 - d. Reinforcement
3. The freeing of a person's mind, body and spirit of illness, injury or pain is known as:
 - a. Hypnosis
 - b. Wellness
 - c. Relaxation
 - d. Therapy
4. Most ordinary people will _____ authority figures who ask them to:
 - a. comply with
 - b. rebel against
 - c. respect
 - d. avoid
5. The process that helps individuals to recall information, situations or events is known as:
 - a. Psychology
 - b. Hypnosis
 - c. Perception
 - d. Dream

6. _____ is the study of physiological, genetics, and developmental mechanism in human behavior:
- a. Social psychology
 - b. Behavioural psychology
 - c. Biopsychology
 - d. Personality psychology
7. The part of an individual's conscious mind that select perception, thought and Feeling:
- a. id
 - b. ego
 - c. superego
 - d. libido
8. Malcolm will not take illegal drugs because he believes that breaking the law is immoral. Malcolm relies on his _____ in the decision-making process:
- e. id
 - f. ego
 - g. superego
 - h. libido
9. The process which is used to prevent anxiety or hurt:
- a. defense mechanism
 - b. repression
 - c. denial
 - d. regression
10. _____ is anything that occurs whenever the consequence follow a response:
- a. reinforcement
 - b. conditioning
 - c. behaviour
 - d. strategy
11. An arousal or expressive behaviour that is triggered off by an event:
- a. sensation
 - b. overt conditioning
 - c. wellness
 - d. emotion

12. The brain process organizing and interpret information to give it meaning:
- a. sensation
 - b. perception
 - c. hypnosis
 - d. conditioning
13. A psychological state of change in attention awareness in which the individual respond to repetitive suggestions:
- d. trait
 - b, perception
 - c. sensation
 - d. motivation
14. Chemical substance that transmits message between nerve cell:
- a. neurotransmitters
 - b. substances
 - c. adrenalin
 - d. liquid
15. After watching the fitness programme on the television over a period time viewers were able to perform the exercise demonstrated accurately:
- a. shaping
 - b social learning
 - c cognition
 - d. behaviourism
16. A time table that determines when a response will be reinforced:
- a. reinforce schedule
 - b. defense mechanism
 - c. therapy
 - d. relaxation
17. The study of how people's thoughts, feelings and behaviors are influenced by the presence of others:
- a. Social psychology
 - b. Behavioral psychology
 - c. Biopsychology
 - d. Personality psychology

18. Unconsciously preventing painful and dangerous thoughts from entering your awareness _____:
- a. Denial
 - b. Repression
 - c. Displacement
 - d. Projection
19. The innate drive to act a certain way:
- a. Extinct theory
 - b. Instinct theory
 - c. Hierarchy theory
 - d. Needs theory
20. A stimulus which result in a response without any prior learning is:
- a. Classical conditioning
 - b. Operant conditioning
 - c. Stimulus conditioning
 - d. Reactive conditioning

(20 marks)

SECTION B

Match the theorist with the characteristics of their theories

21. The motivational theorist that theorized the hierarchy of needs theory is _____:
- a. Erickson
 - b. Freud
 - c. Maslow
 - d. Kohlberg
22. The theorist that formulated the psychosocial theory of development is _____:
- a. Erickson
 - b. Freud
 - c. Maslow
 - d. Kohlberg

23. The theorist that formulated the psychosexual theory of development

is _____:

- a. Erickson
- b. Freud
- c. Maslow
- d. Kohlberg

24. The theorist that theorized the structural topography theory of development is

_____:

- a. Erickson
- b. Freud
- c. Maslow
- d. Kohlberg

25. The theorist that theorized the moral theory of development is

_____:

- a. Erickson
- b. Freud
- c. Maslow
- d. Kohlberg

26. The theorist that theorized the psychoanalytic theory of development is

_____:

- a. Erickson
- e. Freud
- f. Maslow
- g. Kohlberg

(6 marks)

SECTION C

Do any **ONE** of the following question.

1. Discuss a psychological theory you have studied and state **THREE** ways how you can apply this theory to your area of study.

(10 marks)

2. 'Motivational psychology is important in the field of Massage and Fitness Therapy'

Discuss **THREE** reasons showing your agreement or disagreement.

(10 marks)

3. Explain briefly on any **TWO** of the following giving examples how each can be used in your area of study.

- a. Defense Mechanism
- b. Operant condition
- c. Psychotherapy

(10 marks)

(4 marks for grammar)