

**GC FOSTER COLLEGE OF PHYSICAL EDUCATION
AND SPORTS**

MOTIVATIONAL PSYCHOLOGY

MAY 2016

SPORTS MASSAGE/FITNESS

Year 1

TIME: 2 Hours

SECTION A

Do all of the following in this section.

1. The part of an individual's conscious mind that select perception, thought and feeling.
 - a. id
 - b. ego
 - c. superego
 - d. libido

2. Malcolm will not take illegal drugs because he believes that breaking the law is immoral. Malcolm relies on his _____ in the decision-making process.
 - a. id
 - b. ego
 - c. superego
 - d. libido

3. The process which is used to prevent anxiety or hurt.
 - a. defense mechanism
 - b. repression
 - c. denial
 - d. regression

4. _____ is anything that occurs whenever the consequence follow a response.
 - a. reinforcement
 - b. conditioning
 - c. behaviour
 - d. strategy

5. An arousal or expressive behaviour that is triggered off by an event.
 - a. sensation
 - b overt conditioning
 - c. wellness
 - d. emotion

- 6 The brain process organizing and interpret information to give it meaning
- sensation
 - perception
 - hypnosis
 - conditioning
- 7 A psychological state of change in attention awareness in which the individual respond to repetitive suggestions
- trait
 - perception
 - sensation
 - motivation
- 8 Chemical substance that transmits message between nerve cell
- neurotransmitters
 - substances
 - adrenalin
 - liquid
- 9 After watching the fitness programme on the television over a period time viewers were able to perform the exercise demonstrated accurately.
- shaping
 - social learning
 - cognition
 - behaviourism
- 10 A time table that determines when a response will be reinforced
- reinforce schedule
 - defense mechanism
 - therapy
 - relaxation
11. This is the study of the physiological basis of behavioural and mental experiences.
- biopsychology
 - social psychology
 - behavioural psychology
 - mental psychology

12. An attempted remediation of a health problem is called
- a. Emotion
 - b. Therapy
 - c. Sensation
 - d. Reinforcement
13. 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
14. Most ordinary people will _____ authority figures who ask them to
- a. Comply with
 - b. Rebel against
 - c. Report
 - d. avoid
15. The process that helps individuals to recall information, situations or events is known as
- a. Psychology
 - b. Hypnosis
 - c. Perception
 - d. Dream
16. _____ the study of physiological, genetics, and developmental mechanism in human behavior.
- a. Social psychology
 - b. Behavioural psychology
 - c. Biopsychology
 - d. Personality psychology

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. The motivational theorist that theorized the hierarchy of needs theory is
- a. Erickson
 - b. Freud
 - c. Maslow
 - d. Kohlberg

(20 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.

(20 marks)

2. 'Motivational psychology is important in the field of Message Therapy' Discuss **THREE** reasons showing your agreement or disagreement.

(20 marks)

3. Identify **THREE** techniques of Arousal Theory and show how these techniques are useful to your area of study.

(20 marks)

END OF EXAMINATION