

**TEACHERS COLLEGES OF JAMAICA**

**BACHELOR OF EDUCATION**

**MAY 2018 – EXAMINATIONS**

**COMMON PAPER**

**PHYSICAL EDUCATION**

**SPORT PSYCHOLOGY**

**[PE 316SEB]**

**YEAR 3  
SECONDARY**

**TIME 2 ½ HOURS**

**INSTRUCTIONS: Candidates are required to answer ALL questions in Sections A and B and any TWO questions from Section C.**

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## SECTION A

**Answer ALL questions in this section.**

**Select the most appropriate response by circling the letter beside it.**

1. Three views of motivation are
  - a. trait, situational, personal.
  - b. team win-loss record, facility, leadership style, goals.
  - c. goals, personality, needs, interest.
  - d. trait, situational, interactional.
  
2. Which of the following is best used to motivate an athlete?
  - a. Stress, fear, rewards
  - b. Team interaction, praise, anxiety
  - c. Encouragement, rewards, praise
  - d. Fun, visual imagery, stress
  
3. Four components of effective leadership are
  - a. leader qualities, leadership style, situational factors, followers' qualities.
  - b. leadership style, leader's colour, religion, background.
  - c. the followers habits, shows authority, autocratic, shows cohesion.
  - d. gender, consequence, age, nationality.
  
4. Cognitive State Anxiety could be considered to be the same as
  - a. confidence.
  - b. worry.
  - c. excitement.
  - d. nervousness.
  
5. The One-Way Communication process in the correct order is
  - a. decision to send, encoding, channeling, decoding, internal response.
  - b. decoding, decision to send, encoding, channeling, internal response.
  - c. channeling, encoding, internal response, decision to send, decoding.
  - d. encoding, channeling, internal response, decoding, decision to send.
  
6. Personality can best be described as
  - a. the characteristics that a person possess that they try to hide.
  - b. the thoughts of a person most of the times.
  - c. the sum of those characteristics that makes a person unique.
  - d. how a person behaves in given situations.

7. One way of preventing aggressive behavior is by the use of
  - a. "win at all cost".
  - b. penalties.
  - c. abusing rules.
  - d. cheating smartly.
  
8. Which of the following is NOT a criterion for aggression?
  - a. It is directed towards a living organism
  - b. It involves intent
  - c. It involves harm or injury
  - d. It is an emotion
  
9. Four stages of team formation are
  - a. forming, storming, conforming, performing.
  - b. storming, forming, performing, norming.
  - c. conforming, norming, forming, performing.
  - d. performing, norming, conforming, storming.
  
10. A definition for a goal could be
  - a. objectives or aims of action
  - b. anything that is achieved
  - c. dreams
  - d. aspirations
  
11. Two of the most important structural characteristics of groups are
  - a. group core, group behaviour.
  - b. role related behaviour, characteristics.
  - c. group roles, group norms.
  - d. role related behaviour, social environment.
  
12. Two barriers to group cohesion are
  - a. clash of personalities, task conflict.
  - b. communication breakdown, pride.
  - c. power struggle, group plans.
  - d. disagreement on group roles, social support.
  
13. Three major sources of anxiety and stress are
  - a. personality, esteem, social physique.
  - b. goal setting, self-talk, mental imagery.
  - c. esteem, social physique, mental imagery.
  - d. attribution, commitment, fine motor skills and gross motor skills.

14. The Interactional view of motivation is formed by
  - a. internal view, external view.
  - b. the situational view, personal view.
  - c. intrinsic view, extrinsic view.
  - d. cognitive view, affective view.
  
15. Self Determination Theory (Ryan & Deci, 2000) focuses on three basic psychological needs. These needs are
  - a. relatedness, effectance, rewards.
  - b. autonomy, relatedness, dreams.
  - c. dreams, relatedness, effectance.
  - d. effectance, relatedness, autonomy.
  
16. Two examples of intrinsic motivation would be
  - a. enjoy, a hug.
  - b. praise, love of challenge.
  - c. popularity status, a hug.
  - d. enjoy, love of challenge.
  
17. Catharsis can best be describe as
  - a. aggression directed towards a living organism.
  - b. aggression through social acceptable means.
  - c. involving harming or injuring someone unintentionally.
  - d. an emotion directed at an individual to harm him.
  
18. Two of the interrelated stages of stress are
  - a. environmental demand, related response.
  - b. behavioral consequences, self demand.
  - c. stress response, environmental demand.
  - d. perception of demand, self demand.
  
19. Two ways that motivation can be increased in an individual are to
  - a. provide for successful experiences, give difficult tasks.
  - b. give rewards contingent on performance, set realistic performance goals.
  - c. involve participants in decision making, monitor and comment on all activities.
  - d. give participants task that they can't accomplish, set realistic goals.
  
20. A team can best be described as a group
  - a. who must interact with each other to achieve accomplish shared objectives.
  - b. of people who come together to play a sport.
  - c. of persons who have different roles to play.
  - d. of persons who are attracted to the same activity.

## SECTION B

Answer ALL questions in this section. (40 marks)

1. List FIVE viewpoints mentioned in the study of personality. (5 marks)
2. There is the trait centered view of motivation and the situation centered view. How are they different? (2 marks)
3. Identify TWO situational sources of stress. (2 marks)
4. There are three approaches to motivation. Briefly discuss the merits of EACH in understanding how persons are motivated. (9 marks)
5. Differentiate between *intrinsic* and *extrinsic* motivation. Give an example of each. (4 marks)
6. List the THREE levels of personality. (3 marks)
7. List TWO differences between a group and a team. (2 marks)
8. What are the TWO specialties of Sports Psychology? (2 marks)
9. Need achievement theory has five components, one of which is *situational factors*. Explain this component. (3 marks)
10. Highlight the differences between Psychodynamic approach to personality versus the Phenomenological approach. (6 marks)
11. What is the Psychological Core of a person's personality? (4 marks)

## SECTION C

Answer TWO questions from this section. (40 marks)

1. a. What is aggression? How does it differ from assertive behavior? [4 marks]  
b. Describe the FOUR criteria for considering an act aggression. [8 marks]  
c. What are FOUR theories of aggression? Describe the major contentions of each. [8 marks]
  
2. a. Explain how cohesion is related to social support. [6 marks]  
b. Discuss THREE different types of social support and outline how you would develop these to enhance group cohesion. [14 marks]
  
3. a. Discuss the nature of *stress* and *anxiety* (What they are and how they are measured). [8 marks]  
b. Compare and contrast ways to regulate arousal, stress, and anxiety. [12 marks]
  
4. a. Describe what makes up personality and suggest why it is important. [6 marks]  
b. Outline TWO major approaches to understanding personality [5 marks]  
c. Discuss the THREE levels of personality, including the stability of the different levels. [9 marks]

END OF EXAMINATION