

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

MAY 2022 EXAMINATIONS

COMMON PAPER

PHYSICAL EDUCATION

SPORT PSYCHOLOGY

[PE316SEB]

YEAR 3
SECONDARY

TIME 2 ½ HOURS

**INSTRUCTIONS: Candidates are required to answer ALL questions in Section A and
THREE questions from Section B.**

DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO.

SECTION A

Answer ALL questions in this section.

1. Sport psychology consultants triangulate their assessment techniques by
 - a. talking to the athlete's coach, talking to the athlete's teammates and talking to the athlete's parents.
 - b. observing the athlete, watching the athlete and making videos of the athlete.
 - c. interviewing the athlete, asking the athlete to complete psychometric assessments and interviewing the athlete's coach.
 - d. talking to the athlete, listening to the athlete and watching the athlete.
2. Basic psychological skills (Hardy, Jones, & Gould, 1996) comprise of
 - a. listening, talking and observing.
 - b. goal setting, self-talk, mental imagery and relaxation.
 - c. throwing, catching, hopping and skipping.
 - d. attribution, commitment, fine motor skills and gross motor skills.
3. Personality is divided into three separate but related levels. They are
 - a. psychological core, typical responses, role related behaviour.
 - b. typical responses, role related behaviour, characteristics.
 - c. social environment, psychological core, characteristics.
 - d. role related behaviour, typical responses, social environment.
4. In the study of Sport Psychology, which era spanned 1938-1965?
 - a. The Griffiths Era
 - b. Contemporary Sport
 - c. The Early Years
 - d. Preparation for the Future
5. Personal factors that can affect motivation are
 - a. personality, needs, leader style, interest.
 - b. team win-loss record, facility, leadership style, goals.
 - c. goals, personality, needs, interest.
 - d. facility, team win-loss record, needs, goals.
6. The extent to which a person feels that he or she has the necessary attributes in order to succeed is known as
 - a. self-efficacy.
 - b. perceived competence.
 - c. achievement.
 - d. performance.
7. The stages in the One-Way Communication process in the correct order are
 - a. decision to send, encoding, channeling, decoding.
 - b. decoding, decision to send, encoding, channeling.
 - c. channeling, encoding, decision to send, decoding.
 - d. encoding, channeling, decoding, decision to send.

8. The Interactional view of motivation is formed by
 - a. the internal view, external view.
 - b. the situational view, personal view.
 - c. the intrinsic view, extrinsic view.
 - d. the cognitive view, affective view.

9. Two ways that motivation can be increased in an individual is to
 - a. provide for successful experiences and give difficult tasks.
 - b. give rewards contingent on performance and set realistic performance goals.
 - c. involve participants in decision making and monitor and comment on all activities.
 - d. give participants tasks that they can't accomplish and set realistic goals.

10. One way of preventing aggressive behavior is by the use of
 - a. win at all cost.
 - b. penalties.
 - c. abuse rules.
 - d. smart cheating.

11. Cognitive State Anxiety could be considered to be the same as
 - a. confidence.
 - b. worry.
 - c. excitement.
 - d. nervousness.

12. Kim, a netball player, is focused and passionate about the sport. In every game she frustrates her opponent by doing everything within the rules of the game to prevent her from making or receiving a pass. We can say Kim is displaying
 - a. aggressive behaviour.
 - b. violence.
 - c. poor sportsmanship.
 - d. fair play.

13. All the following are theories of motivation except
 - a. instinct theory.
 - b. self-determination theory.
 - c. cognitive evaluation theory.
 - d. needs achievement theory.

14. Two of the interrelated stages of stress are
 - a. environmental demand, and related response.
 - b. behavioral consequences, and self-demand.
 - c. stress response, and environmental demand.
 - d. perception of demand, and self-demand.

15. Which of the following is NOT a type of goal?
 - a. Performance Goal
 - b. Objective Goal
 - c. Outcome Goal
 - d. Process Goal

16. A definition for a goal could be
 - a. objectives or aims of action.
 - b. anything that is achieved.
 - c. dreams.
 - a. aspirations.

17. Which of the following does NOT contribute to a group becoming a team?
 - a. Forming
 - b. Storming
 - c. Conforming
 - d. Performing

18. The person-centred approach is
 - a. generally not concerned with the client's past.
 - b. a form of talk psychotherapy that attempts to provide the client with greater self-awareness about how their thoughts, feeling and behaviour may be negatively affected.
 - c. a form of therapy that views human behaviour as deterministic.
 - d. similar to the existential approach but focuses on personal responsibility.

19. What is bio-feedback?
 - a. Giving feed-back on how one feels
 - b. Responding to a stimulus
 - c. Getting feedback from athletes
 - d. Controlling physiological or autonomic responses

20. Which kind of motivation is external regulation?
 - a. Intrinsic Motivation
 - b. Demotivation
 - c. Amotivation
 - d. Extrinsic Motivation

SECTION B

Answer THREE questions in this section.

1. a) Explain the term *sports performance*. (2 marks)
b) Describe TWO strategies for motivating students and athletes. (8 marks)
c) As a PE teacher/ coach explain how you would use ONE of the strategies to motivate your netball/ football team before or after a game. (10 marks)
2. a) Name the FOUR components of effective leadership. (4 marks)
b) Discuss the implications of EACH of these components for leaders in coaching, teaching, or the exercise environment. (16 marks)
3. Explain the main differences between a *team* and a *group*. Explain the processes involved in a group becoming a team, including what occurs in each stage. (20 marks)
4. You are a new coach at St. Martin High School and need to develop teams for various competitions. Discuss how you would go about doing this, bearing in mind the FOUR stages of team development. (20 marks)
5. Disruption of games through participant and spectator violence is a problem that rears its ugly head very often. There have been many solutions offered but some teams and particular sports are still plagued with this problem. Discuss FOUR strategies that management could use to minimize these incidents. (20 marks)
6. a. Identify FOUR ethical issues that may arise from a sport psychologist's interaction with his athletes. (4 marks)
b. Discuss how ONE of these issues could affect the relationship between both. (16 marks)

END OF EXAMINATION

