

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

MAY 2017 – 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.**

SECTION A

Answer ALL questions in this section.

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

1. 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.

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, follower's qualities.
 - b. leadership style, leader's colour, religion, background.
 - c. the follower's 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. Which is the correct sequence of the One Way Communication process?
 - 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

6. Personality can best be described as
 - a. the characteristics that a person possesses that they try to hide.
 - b. the thoughts of a person.
 - c. the sum of those characteristics that makes a person unique.
 - d. how a person behaves.

7. One way of preventing aggressive behavior is by the use of
 - a. "winning at all costs".
 - b. penalties.
 - c. abuse of 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. Which of the following does NOT contribute to a group becoming a team?
 - a. Forming
 - b. Storming
 - c. Conforming
 - d. Performing

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

11. 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.

12. 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.

13. Basic psychological skills (Hardy, Jones, & Gould, 1996) comprise
 - 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.

14. The Interactional view of motivation is formed by
- internal view, external view.
 - the situational view, personal view.
 - intrinsic view, extrinsic view.
 - cognitive view, affective view.
15. Which of the following is NOT a type of goal?
- Performance Goal
 - Objective Goal
 - Outcome Goal
 - Process Goal
16. Which of the following is NOT a criterion for aggression?
- It is directed towards a living organism
 - It involves intent
 - It involves harm or injury
 - It is an emotion
17. Two of the interrelated stages of stress are
- Environmental Demand, Related Response.
 - Behavioral consequences, Self Demand.
 - Stress Response, Environmental Demand.
 - Perception of Demand, Self Demand.
18. Two ways that motivation can be increased in an individual are to
- provide for successful experiences and give difficult tasks.
 - give rewards contingent on performance and set realistic performance goals.
 - involve participants in decision making and monitor and comment on all activities.
 - give participants tasks that they can't accomplish and set realistic goals.
19. A team can best be described as a group
- who must interact with each other to achieve accomplish shared objectives.
 - of people who come together to play a sport.
 - of persons who have different roles to play.
 - of persons who are attracted to the same activity.
20. What is bio-feedback?
- Giving feed-back on how one feels
 - Responding to a stimulus
 - Getting feedback from athletes
 - Controlling physiological or autonomic responses

SECTION B - (40 marks)

Answer ALL questions in this section.

1. When Aggression is released or “blown off”, it is known as _____. (1 marks)
2. Define *Motivation*. (3 marks)
3. Identify THREE situational sources of stress. (3 marks)
4. Differentiate between *intrinsic* and *extrinsic* motivation. (2 marks)
5. Name the THREE levels of personality. (3 marks)
6. What is the difference between a group and a team? (2 marks)
7. List and explain THREE roles of a Sports Psychologist. (6 marks)
8. List two theories of motivation (2 marks)
9. List TWO causes of anxiety. (2 marks)
10. a. List THREE ways that aggression can be prevented. (6 marks)
b. Briefly explain ONE of the ways listed above. (4 marks)
11. Give TWO areas of study in Sport Psychology. (2 marks)
12. What is the Psychological Core of a person’s personality? (4 marks)

SECTION C - (40 marks)

Answer ANY TWO questions from this section

1. 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)
2. 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)
3. 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)
4. 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