Multiple Choice Questions

Which one of these represents intrinsic motivation?

(A) Trophies  
(B) Medals  
(C) Enjoyment of the activity  
(D) Money

Which one of these represents extrinsic motivation?

(A) High salary  
(B) Keeping fit  
(C) Meeting Personal Goals  
(D) Having fun in the activity.

The trait approach to personality assumes that

(A) People behave differently in different situations  
(B) People behave similarly in different situations  
(C) Personality does not change much over time  
(D) A and C  
(E) B and C

According to the iceberg profile developed by Morgan, which of the following psychological characteristics that successful athletes display is typically above the mean of the population?

(A) Anxiety  
(B) Anger  
(C) Fatigue  
(D) Vigour  
(E) Confusion

Morgan developed the _________ model to help explain the relationship between personality and athletic success.

(A) Normative  
(B) Mental health  
(C) Psychological skills  
(D) Psychopathology  
(E) cognitive-behavioral
An athlete is more motivated when she plays against competitors who are better than she is than when she plays against competitors who are weaker than she is. This is an example of which approach to motivation?

(A) Trait-centered
(B) Situational
(C) Interactional
(D) Individual
(E) None of the above

The energizing force that activates behavior and provides purpose and direction to that behavior is known as _____.

(A) Motivation
(B) Personality
(C) Emotion
(D) Perception
(E) Needs

Maslow's hierarchy of needs includes all EXCEPT which of the following?

(A) Cognition
(B) Physiological
(C) Safety
(D) Belongingness
(E) Esteem

In Maslow's hierarchy of needs, food, water, sleep, and to an extent, sex, are considered ____ motives.

(A) Safety
(B) Self-actualization
(C) Physiological
(D) Belongingness
(E) Esteem

Which need in Maslow's hierarchy reflects a desire for love, friendship, affiliation, and group acceptance?

(A) Safety
(B) Self-actualization
(C) Physiological
(D) Belongingness
(E) Esteem
Which of Maslow's needs involves the desire for self-fulfillment, to become all that one is capable of becoming?

(A) Safety  
(B) Self-actualization  
(C) Physiological  
(D) Belongingness  
(E) Esteem

According to Maslow, when does a need stop motivating?

(A) When the situation changes.  
(B) When it is substantially satisfied.  
(C) When the person returns to a lower-level need.  
(D) Never.

Which of the following statements regarding personality and athletes is false:

(A) Athletes and nonathletes differ in their personality profiles.  
(B) A clear pattern of personality differences has not yet been identified.  
(C) Sport personality research has several methodological shortcomings.  
(D) Athletes are more stable and introverted.  
(E) None of the above.

Successful athletes are remarkably higher in the mood state of _________.

The view that behavior is influenced by characteristics of both the person and the situation is called

(A) Situationism  
(B) Interactionism  
(C) The trait approach  
(D) A and B above

Which method of personality assessment attempts to delve into unconscious areas?

(A) Projective tests  
(B) Interviews  
(C) Objective tests  
(D) None of the above

Which of the following is an example of a projective personality test?
(A) Thematic Apperception Test (TAT)
(B) Minnesota Multiphasic Personality Inventory (MMPI-2)
(C) Rorschach inkblot test
(D) a and c above

In multidimensional anxiety theory, cognitive anxiety is:

(A) The mental component of anxiety and reflects feelings of worry
(B) The mental component of fear and reflects feelings of annoyance
(C) The physical component of anxiety and reflects feelings of worry
(D) The physical component of joy and reflects feelings of worry

Attention refers to:
(A) The process of exerting mental effort on specific features of the environment or on certain thoughts or activities
(B) A perceptual skill to focus selectively on task-relevant information while ignoring distractions
(C) An ability to divide attention between two or more tasks at the same time
(D) The ability to focus effectively on the task at hand while ignoring distractions

The research investigating the personality profiles of athletes and nonathletes has found that

(A) No specific personality profile distinguishes athletes from nonathletes
(B) Athletes have higher levels of anxiety than nonathletes
(C) Athletes are more introverted than nonathletes
(D) Athletes have higher levels of self-esteem than nonathletes

Recent research has been critical of some of the findings concerning the relationship between mood states and performance. Which of the following is NOT a recommended guideline for using mood profiling with elite athletes?

(A) Use it as a monitor of training load
(B) Use it as a monitor for the acclimitization process
(C) Use it as a predictor of team success
(D) Use it as a monitor of emotional response to injury
(E) Use if for identification of overtrained athletes

Morgan found evidence differentiating between successful and unsuccessful candidates in three Olympic sports on the

(A) CPI
On which of the following personality inventories has research in sport psychology revealed the so-called “iceberg profile”?

(A) Eysenck Personality Inventory
(B) Hogan Personality Inventory
(C) NEO Five-Factor Inventory
(D) Profile of Mood States

The following components define motivation:

(A) Direction, Persistence, Continuing motivation, Intensity
(B) Desire, Persistence, Continuing motivation
(C) Drives, Internal forces and External forces
(D) Direction, Social factors and Cognitive factors

Which of the following is NOT one of the six dimensions of the Profile of Mood States?

(A) Anger
(B) Irritability
(C) Vigour
(D) Depression

5. Which of the following is an indication of under-arousal?

(A) Lack of energy
(B) Increased heart rate
(C) Constant movement
(D) Butterflies in stomach

If I were intrinsically motivated, I would

(A) Want to win at all costs
(B) Like to get rewards for the amount of training I do
(C) Like other athletes to notice and comment on my performances
(D) See that the benefit of playing sport would improve my health
An athlete who has a feeling of apprehension and nervousness before a grand final game, would

(A) Be under aroused
(B) Be optimally aroused
(C) Have low trait anxiety
(D) Have high state anxiety

When safety needs are not satisfied, a person will be motivated by which needs?

(A) Love and belongingness
(B) Physiological
(C) Existence
(D) Recognition

Stress can be defined as a negative emotional experience accompanied by:

(A) Physiological changes.
(B) Cognitive changes.
(C) Behavioral changes
(D) All of the above.

The mental component of anxiety caused by such things as fear of negative social evaluation, fear of failure, and loss of self-esteem.

(A) Somatic anxiety.
(B) State anxiety.
(C) Distress.
(D) Cognitive anxiety.

Anxiety differs from arousal as:

(A) Arousal can not affect anxiety
(B) Anxiety is more of an emotional state than arousal
(C) Arousal affects performance
(D) Anxiety affects performance

John is the starting center for his basketball team. Before a big game he has butterflies in his stomach and is breathing very rapidly. These symptoms refer to his:

(A) Trait anxiety
(B) State anxiety
(C) Cognitive anxiety
(D) Somatic anxiety
Arousal is synonymous with the term activation and refers to the intensity level of behavior.

(A) True
(B) False

Facets of attention includes selectivity, capacity and _____________.

Which of the following is NOT a level in Hollander's model of personality structure?

(A) Childhood experiences
(B) Psychological core
(C) Typical responses
(D) Role-related behavior

Trait anxiety refers to _________ anxiety, whereas state anxiety refers to _________ anxiety.

(A) General; momentary
(B) Momentary; general
(C) Competitive; noncompetitive
(D) Noncompetitive; competitive
(E) None of the above

The most superficial and therefore most easily changed part of a personality structure is its

(A) Psychological core
(B) Role-related behavior
(C) Typical responses
(D) Belief system

Eysenck argue that personality can best be understood by focusing on which of the following traits?

(A) Emotionality and stability
(B) Introversion and extroversion
(C) Relaxation and anxiety
(D) A and B
(E) All of the above

Personality tests should be used to:
(A) Select team members
(B) Identify poor athletes
(C) Recruiting new participants
(D) Monitor mood changes during training

Morgan’s mental health model is thought to reflect:
(A) Positive mental health
(B) High levels of athletic ability
(C) High levels of anxiety
(D) High levels of motivation

The Gravitational hypothesis explains:
(A) Athletes who do not have the right personality drop out over time
(B) Athletes show to be more aggressive
(C) Athletes with the right personality will be drawn to sport
(D) Athletes will show an Iceberg profile

The Athletic Darwinism explains:
(A) Athletes who do not have the right personality drop out over time
(B) Athletes show to be more aggressive
(C) Athletes with the right personality will be drawn to sport
(D) Athletes will show an Iceberg profile

POMS has shown that elite athletes are characterized by:
(A) Positive mental health
(B) More aggression
(C) The right personality disposition
(D) An Iceberg profile

The Iceberg profile is characterized by:
(A) Average levels of tension and anger with high levels of vigour
(B) Average levels of all moods
(C) Below average levels of all negative moods, extremely high levels of vigour
(D) Below average levels of anxiety and confusion, extremely high levels of talent
According to Morgan's mental health model, successful athletes exhibit greater positive mental health than less successful athletes.

(A) True  
(B) False

Psychologists explain that we tend to do things that we enjoy and avoid things that we dislike. This concept is called:

(A) Reduction Augmentation Theory  
(B) Psychiatric Hedonism  
(C) Cognitive Evaluation Theory  
(D) Psychological Hedonism

When extrinsic motivation is overused it can reduce intrinsic motivation. This concept is called:

(A) Reduction Augmentation Theory  
(B) Psychiatric Hedonism  
(C) Cognitive Evaluation Theory  
(D) Psychological Hedonism

Those with strong nervous systems are capable of suppressing incoming sensory stimuli. This concept is called:

(A) Reduction Augmentation Theory  
(B) Psychiatric Hedonism  
(C) Cognitive Evaluation Theory  
(D) Psychological Hedonism

Type-T personality explains the idea that people tend to participate in sport because:

(A) They do what they enjoy and avoid what they dislike  
(B) They are brave  
(C) They experience a type of eustress  
(D) They want to blow off steam

Surplus Energy Theory explains the idea that people tend to participate in sport because:

(A) They do what they enjoy and avoid what they dislike  
(B) They are brave  
(C) They experience a type of eustress  
(D) They want to blow off steam
Self-Actualization can simply be equated to sporting success.

(A) True
(B) False

An example of a primary need is:

(A) Wi-Fi
(B) Friends
(C) Status
(D) Movement
(E) A, B & C

An example of a secondary need is:

A) Wi-Fi
(B) Friends
(C) Status
(D) Movement
(E) A, B & C

The Performance Pyramid illustrates the differences between elite athletes.

(A) True
(B) False

Introverts are more prevalent in team sports.

(A) True
(B) False

Extroverts are more prevalent in team sports.

(A) True
(B) False

POMS stand for:

(A) Professionalism Organization of Motoring Success
(B) Profile of Mentoring Sports
(C) Profile of Moods States
(D) Personality of Moods in Sports
Sport Psychology focus on:

(A) Enhancing sport performance  
(B) Treating the mentally ill in sports  
(C) Elite athletes only  
(D) None of the above

Regulation of Attention is called:

(A) Arousal  
(B) Concentration  
(C) Somatic Arousal  
(D) Sporting success

Long Questions

Elite athletes can be distinguished from lesser skilled athletes when psychological states are considered. Graph and explain the significance of the iceberg profile. (8)

What are the advantages and disadvantages of using questionnaires to provide psychological information within a sport context? (4)

Maslow (1970) proposed a hierarchy of needs. Explain the proposed hierarchy in association with the need of movement. (6)

The measurement of personality in sport can be problematic. Briefly discuss a potential problem in measuring personality in sport. (4)

Explain the two forms of personality tests and provide examples of each. (6)

Differentiate between arousal and anxiety. (5)

Maslow’s theory of self-actualization indicates human needs as motivators of behaviour. Discuss sport as an avenue to achieve these human needs.

Discuss Morgan’s mental health model and the iceberg profile as they relate to predicting athletic success. (6)

Should personality tests be used for team selection? Explain your answer. (3)
What does POMS stand for? (1)

How should POMS be used and not used in sports? (3)

Discuss the three levels of personality. (9)

Identify and explain two tests used to measure personality. (4)

Explain the direction and intensity aspects of motivation. (2)

Identify and briefly discuss Hollander’s (1967) concrete description of personality. (9)

Describe the psychological make-up of the elite athlete. (6)

Graph Silva’s performance pyramid and explain accordingly. (8)

Explain the gravitational hypothesis. (2)

Describe basic physiological needs and how they relate to sport. (5)

Elite athletes can be distinguished from lesser skilled athletes when psychological states are considered. Graph and explain the significance of the iceberg profile. (8)

How should POMS be used and not used in sports? (3)