MEMO: Sport Psychology Test 2018

**Multiple Choice (8 marks)**

1. Closed skills generally require a

(a) narrow focus.

(b) broad focus.

(c) external focus.

(d) internal focus.

2. Positive self-talk is a strategy that can be used to

(a) increase arousal only.

(b) decrease arousal only.

(c) increase or decrease arousal.

(d) manage psychological factors other than arousal.

3. A professional weightlifter about to attempt a simple but heavy lift would most likely benefit from a

(a) high arousal levels

(b) low arousal levels

(c) no arousal

(d) relaxation

4. Age can influence motivation in that,

(a) younger performers are usually more intrinsically motivated.

(b) older performers tend to be more intrinsically motivated.

(c) older performers generally lack motivation.

(d) older performers tend to be more extrinsically motivated.

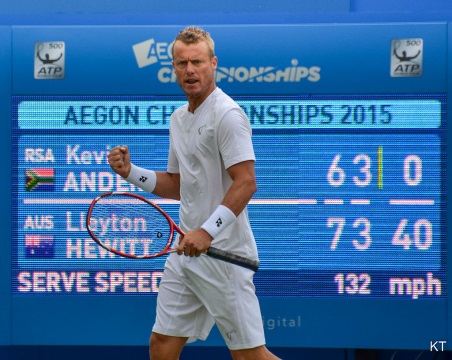
5. Stress can cause physiological changes in the body that

(a) negatively impact performance.

(b) positively impact performance.

(c) can have both positive and negative impacts on performance.

(d) generally do not impact performance.

6. Australian tennis legend Lleyton Hewitt (pictured right) was famous for yelling out ‘C’mon’ at important stages in his tennis matches. What mental skill strategy was he using and for what purpose?

(a) Self-talk for the purpose of motivation and building confidence

(b) Self-talk for the purpose of reinforcement of learning

(c) Performance routine for the purpose of motivation

(d) Performance routine for the purpose of building confidence

7. In a high pressure sporting situation, which of the following is not a physiological response to stress that an athlete would be likely to experience?

(a) increased adrenaline levels

(b) poor decision making

(c) muscular tension

(d) increased need to urinate

8. To give themselves the greatest chance of success, young athletes are advised to set goals that are;

(a) long-term and very challenging

(b) long-term and very achievable

(c) short-term and very challenging

(d) short-term and very achievable

**Short Answer (24 marks)**

**Question 9 and 10 refers to the following information.**

Abbey is sitting in the change-rooms prior to her football game. She has her headphones on and is listening to music to block out distractions as she prepares for the game ahead. She is visualising herself successfully kicking for goal. The whistle blows and Abbey removes her headphones as she walks out onto the field with the other players. She takes her position and prepares for bounce-down.

**Question 9 (4 marks)**

Discuss the changes in Abbey’s attentional focus as she moves from the change-rooms to the field.

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| --- | --- |
| Description | Marks |
| In change-rooms:  Identifies narrow focus  Identifies internal focus | 1 mark  1 mark |
| On field:  Identifies broad focus  Identifies external focus | 1 mark  1 mark |

**Question 10 (5 marks)**

Abbey listens to soft calming music as opposed to fast paced, loud music. Identify the purpose of this. Discuss two other strategies that Abbey could use for the same purpose.

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| --- | --- |
| Description | Marks |
| Identifies purpose:  Decrease arousal levels or promote relaxation | 1 mark |
| Identifies self talk as second strategy  Provides a relevant example of self-talk: Abby can tell herself positive things such as ‘You’ve been training hard, you are ready for this’, ‘Calm down and focus, you’ve got this’ etc. | 1 mark  1 mark |
| Identifies self-imagery as third strategy  Provides a relevant example of self-imagery: Abby can visualise herself successfully performing the skills of the game or visualise her past successful training sessions | 1 mark  1 mark |

**Question 11 (2 marks)**

The ‘Cape to Cape’ is an annual mountain bike race that involves riding 220kms through the South West countryside of Western Australia over four days. It is a gruelling race with many uphill climbs and challenging trails to conquer. Only the first few riders across the finish line receive a prize. However, this doesn’t thousands of riders taking up the challenge each year.

With reference to motivation, discuss why so many riders choose to enter the race.

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| --- | --- |
| Description | Marks |
| Identifies that riders are intrinsically motivated | 1 mark |
| Riders participate for enjoyment and self-satisfaction rather than a medal or prize money | 1 mark |

**Question 12 (5 marks)**

Researchers have found a strong link between an athlete’s success in performing a skill and their ability to concentrate on the task.

(a) Draw a graph to represent the relationship between concentration level and skill level. (3 marks)

Concentration levels

Skill Level

|  |  |
| --- | --- |
| Description | Marks |
| Label x axis: Skill level  Label y axis: Concentration level  Correct plotting of curve | 1 mark  1 mark  1 mark |

(b) Identify and explain the relationship between concentration and skill level. (2 marks)

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| --- | --- |
| Description | Marks |
| Describe relationship:  As skill level increases, concentration levels increase (there is a positive exponential relationship between skill level and concentration) | 1 mark |
| Explanation:  As a performer becomes more skilled, they are able to attend to relevant cues more effectively (Or skilled performers become less distracted by irrelevant cues)  OR  As a performer becomes more skilled they are able to focus more on the skill itself rather than the outcome (more task oriented)  OR  As a performer becomes more skilled, they can effectively switch their focus without becoming overwhelmed (can attend to internal and external cues without becoming overwhelmed) | 1 mark |

**Question 13 (4 marks)**

Grant has been wakeboarding for many years and is highly skilled in the sport. Earlier this year Grant had a bad fall as he attempted to land one of his more difficult tricks, a Scarecrow. Previously, Grant was able to consistently land a Scarecrow. However, since his fall he has been unsuccessful on each attempt. He realises that his inability to successfully perform this trick is due to a decrease in his self-confidence.

Discuss self-confidence and the impact it has on an athlete.

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| Description | Marks |
| Definition of self confidence:  Self-confidence is the belief in ones own self that they can successfully perform a desired outcome. | 1 mark |
| Impact of self confidence (any three):  Having good levels of self confidence leads to:  Positive thoughts/emotions  Increased motivation to learn  Better focus on goals  Having low self confidence can lead to:  Doubt in ones own ability  Negative thoughts  Expectation of failure leading to actual failure  Being over confident can lead to:  Inadequate preparation due to expectation of success  Low motivation and/or arousal | 3 mark max |

**Question 14 (4 marks)**

Mile Jedinak is the current Socceroo’s captain and is the player trusted to take all the penalties shots. His ability to stay relaxed and manage the stress of the situation makes him very reliable in front of goal.

Explain **two** relaxation techniques that would benefit Mile when taking penalties. Explain one technique and how he could use it just prior to taking a penalty and another technique and how it could be used after a game to lower his arousal level.

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| **Marks** | **Elaboration** |
| (max 2 marks)  1 mark for explanation of technique  1 mark for explanation of how Mile could use the technique | *Technique to be used prior to the penalty – Choose from;*  Progressive Muscle Relaxation (PMR) – the process of contracting and relaxing muscles in a progressive manner to reduce tension  How – Mile could use the few minutes prior to the penalty to progressively contract then relax each muscle starting from the legs through to the upper body  Imagery – using all senses to create a mental picture of the successful completion of a skill  How – Mile could use the few seconds while waiting for the whistle to visualise himself placing the penalty kick in the top left corner of the goals and beating the keeper to score.  Centred Breathing – taking long slow breath’s in and out to lower the arousal level and focus on the upcoming task  How - Mile could use the few seconds while waiting for the whistle to take 5 long slow breaths in and out, clearing his mind and releasing tension. |
| (max 2 marks)  1 mark for explanation of technique  1 mark for explanation of how Mile could use the technique | *Technique to be used after a game to lower arousal level – Choose from;*  Meditation – the act of focussing one’s thoughts to clear the mind and reduce stress/promote growth/promote relaxation  How – After the game Mile could find a quiet place, close his eyes and meditate for a period of time to relax his mind and reduce his arousal  Floatation tanks – spending time floating in salt water capsules that block out all sensory information (sight, sound etc)  How – after a game Mile could spend 30mins suspended in a floatation tank to clear his mind from the game and begin the relaxation process  Music – listening to soft/calming music to lower arousal levels and promote relaxation  How – Mile could put headphones on after the game and listen to soft/calm/slow music to reduce his arousal |

**Extended Answer (20 marks)**

**Question 15 (10 marks)**

The ‘inverted U hypothesis’ is generally accepted as displaying the relationship between arousal levels and performance success. There are, however, two main factors that have been noted to influence the arousal-performance relationship. Identify the relationship between performance and arousal as proposed by the ‘inverted U hypothesis’ and discuss **two** factors that can influence the ideal arousal levels for optimal performance.

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| Description | Marks |
| Identifies relationship:  At low levels of arousal, performance is below best  As arousal increases, so does performance  Arousal will reach an optimal level where performance is at its best  Further increases in arousal will be detrimental to performance (performance decreases) | 1 mark  1 mark  1 mark  1 mark |
| ANY TWO FACTORS (3 marks each)  Identifies: Skill level  Beginners need lower levels of arousal to perform at best  Higher skilled athletes can perform best at moderately high levels of arousal | 1 mark  1 mark  1 mark |
| Identifies: Type of activity  Activities that require more broad attentional focus (usually team sports like volleyball, soccer, basketball) need lower levels of arousal (Or visa versa)  Activities requiring fine motor skills generally benefit from lower levels of arousal (or visa versa) | 1 mark  1 mark  1 mark |
| Identifies: Age  Younger athletes generally need lower levels of arousal to perform at best  Older athletes can perform best at moderately high levels of arousal | 1 mark  1 mark  1 mark |

**Question 16 (10 marks)**

Australian cricket captain Steve Smith recently posted his highest test score of 239 against England at the WACA. In that particular innings he batted for over 9 hours before being dismissed.

Identify and define **two** mental skills that Smith would have developed throughout his career that would have allowed him to bat so well over such a long period of time and identify and explain **two** mental skill strategies he could have utilised whilst batting and how he would have implemented them throughout his innings to improve his performance.

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| **Marks** | **Elaboration** |
| *Max 4 marks*  1 mark for identifying  1 mark for explanation | *Mental Skills – choose any 2 from;*   * Self-confidence – The belief in one’s ability to perform or complete a task successfully. Confidence improves performance which leads to further confidence * Concentration – The ability to focus on the important cues while ignoring distractions * Arousal regulation – Level of readiness/stimulation/preparedness in an athlete about to perform or compete. Increased arousal leads to improved performance to a point when too much arousal can impair performance * Motivation – The direction and intensity of one’s effort. Can be intrinsic or extrinsic reasons for performing * Stress management – The ability to manage/minimise the physiological effects of stress and anxiety during competition |
| *Max 6 marks*  1 mark for identifying  1 mark for explanation  1 mark for implementation | *Mental Skill Strategies – choose any 2 from;*   * Imagery – using all senses to create a mental picture of the successful completion of a skill   Implementation – While waiting to bat, Smith could visualise himself playing with perfect technique and scoring a century (or similar)   * Performance routines - a familiar ritual/action/routine that is completed before/during or after performing a skill on every occasion   Implementation – while watching the bowler run in Smith will perform the same routine e.g. tap the bat on the ground three times, look up then raise the bat ready to swing (or similar)   * Self-talk - thinking or saying short phrases to yourself to motivate, focus or pump up   Implementation – After playing a poor shot or losing concentration, Smith would say to himself ‘don’t throw your wicket away’ (or similar)   * Relaxation – performing specific relaxation techniques to reduce tension and manage stress levels   Implementation – Smith could use PMR while at the non-strikers end |