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##### Question/Answer Booklet

Name:

MEMO

Yr 11 ATAR PHYSICAL EDUCATION STUDIES

Sport Psychology Class Test 2020

**Time allowed for this paper**

Working time for paper: 45 minutes

**Material required/recommended for this paper**

*To be provided by the supervisor*

This Question/Answer Booklet

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| --- | --- | --- | --- |
| Sport Psychology | **56** | **Total marks** | **56** |

**Multiple Choice (10 marks)**

1. In tennis, prior to each service point, most players will use a pre-performance routine. How does this help the player focus their attention on the serve?

1. Limits player distractions, such as the crowd and importance of the upcoming point
2. Regulates arousal levels in high pressure points
3. Identifies the task orientated ques for correct service technique
4. All of the above
5. Rookie athletes in their first season of professional team sports often require positive reinforcement from their coaches and peer mentors to improve their performance and learn their playing role within the team. This will assist the player in developing which mental skill?

(a) Stress Management

(b) Motivation

(c) Self-Confidence

(d) Self-fulfilling prophecy.

1. The recent international summer Test Cricket Series between Australian and India was tarnished by on field sledging. Sledging is a term used in cricket to describe the practice whereby some players seek to gain an advantage by insulting or verbally intimidating the opposing player. Which mental skills strategy would best assist a player experiencing sledging whilst batting?

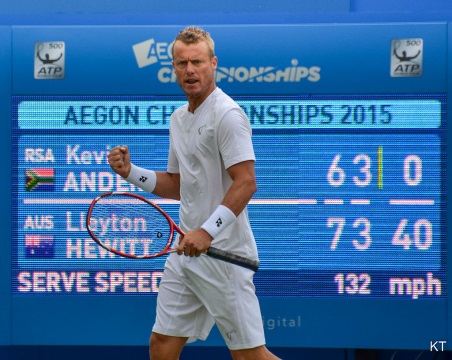
(a) Imagery

(b) Relaxation techniques

(c) Goal Setting

(d) Self-Talk

1. An NFL gridiron quarterback player deciding on tactics at the next line of scrimmage for the upcoming play would be an example of which area of attentional focus in Nideffer’s model ?
2. Broad-external.
3. Broad-internal.
4. Narrow-internal.
5. Narrow-external.
6. Cristiano Ronaldo, Le Bron James and Usain Bolt are amongst the biggest names in world sport over the past decade. When compared to highly skilled athletes such as these, less skilled athletes are generally more motivated by:
7. extrinsic rewards.
8. intrinsic rewards.
9. knowledge of results.
10. self-fulfilling prophecy.

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

9. Progressive Muscle Relaxation involves an athlete contracting a muscle for a short period of time, then releasing or relaxing. This type of relaxation would be best suited to:

(a) Decreasing anxiety before performing a soccer penalty kick.

(b) Increasing arousal before a soccer match.

(c) Increasing arousal before performing a soccer penalty kick.

(d) Decreasing anxiety before a soccer match.

10. The relationship between Ideal Performance State and athletic performance is best represented by:

(a) Bandura’s Model of Self Efficacy.

(b) Nideffer’s Model of Attention.

(c) Inverted-U hypothesis.

(d) Self-fulfilling prophecy.

**Short Answer (28 marks)**

**Question 11 (8 marks)**

1. There are 3 basic types of personal goals. Explain each using a sport example of your choice.

(6 marks)

**1. Outcome goals**:

Outcome goals focus on the competitive result of an event and achievement of them depends on the performance of others.

focus on outcome of performance (Win a netball game)

**2. Performance Goals**:

Focus on the achievement of a particular standard irrespective of the performance of others.

Specify a result of the performance (eg take 10 rebounds in basketball game)

**3. Process goals** :

Focus on specific behaviours demonstrated throughout performance (keeping your head down while putting in golf)

1. What does the acronym SMARTER stand for?

Lose ½ mark for each wrong (2 marks)

S: Specific

M: Measurable

A: Action orientated

R: Realistic

T: Timely

E: Effective

R: Reviewed

**Question 12 (5 marks)**

Before taking a free throw, basketball players will often take a deep breath before shooting. Briefly explain why a player may do this. Identify and describe **two (2)** other methods that a player could use to achieve the same result.

|  |  |
| --- | --- |
| Marks | Possible answer |
| 1 mark | Regulate arousal, decrease anxiety |
| 1 mark for method (max. 2)  1 mark for description (max. 2) | **Self talk**   * Talking/thinking positive statements to self * Cue word for movement; build confidence in ability; decrease stress; block out distractions and regain focus   **Imagery/Visualisation/Mental rehearsal/Mental practice**   * Visualisation of a successful performance using all the senses * Used to prepare or practise movements or strategies   **Performance Routine**   * An established movement(s) or routine before commencing an activity * To maintain focus; reduce stress and anxiety and improve confidence   **Thought stopping**   * An action/cue to eliminate negative thoughts * Focus on positive thoughts |

**Question 13 (2 marks)**

In terms of motivation, briefly describe **two (2)** differences you would expect to see between a young athlete and a mature/older athlete.

|  |  |
| --- | --- |
| Marks | Possible answer |
| 1 mark  1 mark | **Young athlete**   * Tend to be motivated by extrinsic rewards such as trophies/medals   **Mature/older athlete**   * Tend to be motivated by intrinsic factors such as performance. * May also be motivated by social factors |

**Question 14**

**(6 marks)**

Nideffer’s Model of Attention identifies four possible

½ mark each correct answer

**Width**

INTERNAL

BROAD

NARROW

EXTERNAL

**Direction**

1. Provide a brief example for each of the four types of attentional control in relation to tennis. (4 marks)

|  |  |
| --- | --- |
| Marks | Possible answer |
| 1 mark | **Broad-external**   * Being aware of opponent position and location of the ball (or other relevant example) |
| 1 mark | **Broad-internal**   * Game strategies and tactics (or other relevant example) |
| 1 mark | **Narrow-external**   * Receiving a serve (or other relevant example) |
| 1 mark | **Narrow-internal**   * Focus on a specific coaching point (or other relevant example) |

**Question 15 (4 marks)**

Athletes at different stages of learning require different arousal levels for optimal performance.

In the space below, draw and label The Inverted-U Hypothesis demonstrating the differences in skill level between a beginner athlete, intermediate athlete and an advanced athlete.

Advanced

Intermediate

Beginner

PERFORMANCE

AROUSAL

|  |  |
| --- | --- |
| Marks | Possible answer |
| 1 mark  1 mark each  (max. 3) | **Axis labels**  Performance  Arousal  Graph and label |

**Question 16 (3 marks)**

During periods of stress an athlete may experience an increase in heart rate and respiratory rate. Identify **three (3)** additional physiological changes an athlete could experience that may affect their performance.

|  |  |
| --- | --- |
| Marks | Possible answer |
| 1 mark each (max. 3) | * Increased body temperature, increased sweating/perspiration * Increased blood pressure * Increased blood supply to brain, heart, large muscles * Adrenalin secretion * Pupil dilation * Increase in muscle strength * Increase in muscle tension |

**Extended Answer (14 marks)**

**Question 17 (10 marks)**

1. With reference to the Inverted-U Hypothesis, explain the concept of arousal regulation and discuss the different levels of arousal required for the three sports

|  |  |
| --- | --- |
| Marks | Possible answer |
| 1 mark for arousal level and link to performance (max. 2)  1 mark for regulation (max. 2) | **Arousal regulation**  Arousal levels too high – athlete is too tense/excited/anxious.   * Regulation techniques – Relaxation, Centred breathing (or other suitable example)   Arousal levels too low – athlete is unmotivated/bored/tired.   * Regulation techniques – Imagery, Self-talk (or other suitable example) |
| 1 mark for arousal level (max. 3)  1 mark for reasoning (max. 3) | **Snooker**   * Low levels of arousal required * Use fine motor skills   **Netball**   * Mid-range levels of arousal required * Use combination of gross and fine motor skills; require broad focus of attention   **Weightlifting**   * High levels of arousal required * Use gross motor skills; require a narrow focus of attention |

**(4 marks)**

1. Australian cricket captain Steve Smith recently posted his highest test score of 239 runs 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.

|  |  |
| --- | --- |
| **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 4 marks*  1 mark for identifying  1 mark for explanation  And 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 |

**End of Topic**