

Physical Education Studies Year II ATAR

CHAPTER 6: Sports Psychology

NEXT 

Welcome to the quiz for Chapter 6

- You will be given 10 multiple choice questions
- Click on the correct answer
- Use the links to navigate through the quiz
- To finish the test you must answer all the questions correctly

ARE YOU READY?



Question 1

Which of the following most accurately represents the relationship between motivation and skill level?

- A. A beginner is likely to require intrinsic motivation to perform well
- B. A skilled athlete requires extrinsic motivation for optimum performance
- C. With an increase in skill level there is a general trend to intrinsic motivation
- D. Both types of motivation are required in equal measure by all performers

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 2

What is the self-fulfilling prophecy with regard to self-confidence?

- A. Motivation leads to self-confidence, which leads to improved performance
- B. The expectation of success leads to successful performance, which leads to increased self confidence
- C. Successful performance leads to increased motivation, which increases self-confidence
- D. Correct levels of motivation lead to improved performance, which results in better performance

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 3

Which of the following is NOT a feature of concentration?

- A. Selectivity
- B. Shiftability
- C. Divisibility
- D. Transferability

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 4

Which type of attentional focus is crucial in games such as basketball and hockey?

- A. Broad-external
- B. Broad-internal
- C. Narrow-external
- D. Narrow-internal

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 5

Which type of attentional focus is crucial in target sports such as archery and shooting?

- A. Broad-external
- B. Broad-internal
- C. Narrow-external
- D. Narrow-internal

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 6

Which of the following terms describes the concentration error made by a netball shooter who reverts to a broad-external focus when taking a shot?

- A. Internal overload
- B. Attentional mismatch
- C. External overload
- D. Concentration deficit

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 7

Which of the following relationships is described by the Inverted-U Hypothesis?

- A. Motivation and performance
- B. Concentration and performance
- C. Motivation and concentration
- D. Arousal and performance

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 8

For which of the following activities is the optimal level of arousal highest?

- A. Bench press in weightlifting
- B. Tackling in football
- C. Blocking in volleyball
- D. Putting in golf

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 9

Which of the following senses should imagery involve?

- A. Kinaesthetic
- B. Visual
- C. Auditory
- D. All of the above

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 10

Which of the following is NOT a type of personal goal?

- A. Competition goals
- B. Outcome goals
- C. Performance goals
- D. Process goals

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

CONGRATULATIONS!
YOU HAVE COMPLETED
THE CHAPTER 6 QUIZ