

# **Physical Education Studies Year II General**

## **CHAPTER 6: Sports Psychology**

**NEXT** 

## Welcome to the quiz for Chapter 6

- You will be given 9 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 statements about the relationship between values, attitudes and behaviours is TRUE?

- A. Attitudes that are established as a result of experiences impact on values and the behaviours that result
- B. Values are central beliefs that guide the adoption of attitudes, which in turn guide the selection of behaviours
- C. Bad behaviour is the result of bad attitudes and bad values
- D. Values are easier to change than attitudes or behaviours

**TRY AGAIN...**

**BACK TO QUESTION**



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

## Question 2

Which of the following is not a component of attitude?

- A. Cognitive
- B. Social
- C. Affective
- D. Behavioural



**TRY AGAIN...**

**BACK TO QUESTION** 



**THAT'S  
CORRECT!**

**NEXT QUESTION** 



### Question 3

Which of the following is an example of the result of a negative attitude towards physical activity?

- A. Have a positive self-concept
- B. Generally have a successful experience
- C. Are likely to participate on a regular basis
- D. Do not believe that physical activity has an effect on health and well-being

**TRY AGAIN...**

**BACK TO QUESTION**



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

## Question 4

Which of the following is NOT an example of a stereotype?

- A. Males have a greater potential to develop strength than females
- B. Women are passive and nurturing and should not play sport
- C. Those over 60 years do not participate in physical activity
- D. Disabled people are unable to participate in physical activity

**TRY AGAIN...**

**BACK TO QUESTION**



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

**Question 5**

**Which of the following is NOT an interpersonal skill?**

- A. Communication**
- B. Problem solving**
- C. Decision making**
- D. Negotiating**

**TRY AGAIN...**

**BACK TO QUESTION**





**THAT'S  
CORRECT!**

**NEXT QUESTION** 

### Question 6

As the captain, you make the decision that your team will switch to zone defence to match the tactics of the opposition, despite the fact that the team prefers and are better at one-on-one defence? Of which of the following is this an example?

- A. Submissiveness
- B. Assertion
- C. Aggression
- D. Negotiation

**TRY AGAIN...**

**BACK TO QUESTION**



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

### Question 7

Which of the following correctly describes the process of group formation?

- A. Forming, storming, norming, performing
- B. Storming, norming, forming, performing
- C. Norming, performing, storming, forming
- D. Performing, forming, norming, storming

**TRY AGAIN...**

**BACK TO QUESTION**



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

### Question 8

A basketballer stepping up to take her free throws to win the game is thinking 'I know I can do this. I've practiced these shots at every training and haven't missed one so far this game'. Of which of the following is this an example?

- A. Thought-stopping
- B. Mental imagery
- C. Feedback
- D. Self-talk



**TRY AGAIN...**

**BACK TO QUESTION**



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

**Question 9**

The diver stepping up to the springboard goes through his 'perfect' dive is his mind. This is an example of which of the following?

- A. Thought-stopping**
- B. Mental imagery**
- C. Feedback**
- D. Self-talk**



**TRY AGAIN...**

**BACK TO QUESTION** 



**THAT'S  
CORRECT!**

**NEXT** 



**CONGRATULATIONS!**  
**YOU HAVE COMPLETED**  
**THE CHAPTER 6 QUIZ**