

Exam-Style Multiple Choice Questions Sports Psychology

Answer each question by writing the correct answer.

1. A skill being performed in one timing movement is an example of which characteristic of skill movement?
 - (a) precision
 - (b) velocity
 - (c) variability
 - (d) flow
2. Which of the following is the best example of a learner performing a conditioned reflex action?
 - (a) a learner performing a free routine with ball on a netting
 - (b) a football player throwing, jumping and kicking the ball when seeing
 - (c) a tennis player's automatic ball swing
 - (d) a golfer performing a controlled swing from a consistent address position
3. A basketball coach who has been unable to transfer a skill to a player on the court is most likely to be suffering from which?
 - (a) environmental constraints
 - (b) difficulty constraints
 - (c) motor skill constraints
 - (d) fitness constraints
4. Which of the following is a good example of an open skill?
 - (a) a tennis pass
 - (b) a table tennis shot
 - (c) a penalty in football
 - (d) a routine in trampolining
5. What does the 'V' stand for in the SMART acronym?
 - (a) verifiability
 - (b) measurability
 - (c) measurability
 - (d) time



6. A performer summarising an opponent's information and planning a response that identifies which tactical preparation strategies?
 - (a) imagery
 - (b) selective attention
 - (c) positive thinking
 - (d) mental rehearsal
7. Which type of guidance is most useful if they are physical support?
 - (a) visual
 - (b) verbal
 - (c) mechanical
 - (d) manual
8. Determining a correct or incorrect is an example of what type of guidance?
 - (a) verbal
 - (b) mechanical
 - (c) visual
 - (d) manual
9. Which of the following would be a disadvantage of using mechanical feedback?
 - (a) potentially dangerous
 - (b) good and bad habits
 - (c) hard to get a feel for the skill
 - (d) increases injury
10. A tennis player who uses the ball going into the net is receiving which type of feedback?
 - (a) intrinsic
 - (b) external
 - (c) knowledge of performance
 - (d) negative



Sports Psychology Multiple Choice Questions

Zhe Xu



Sports Psychology Multiple Choice Questions:

Psychology and Sport Sally Gadsdon, 2001 Part of a series of textbooks which have been written to support A levels in psychology The books use real life applications to help teach students what they need to know Readers are encouraged to use aims methods results and conclusions of the key studies to support their own arguments **Cambridge Checkpoints VCE Psychology Units 1 and 2** Max Jory, Greg Sargent, 2015-12-16 **Sport in the Classroom** David L. Vanderwerken, 1990 A collection of essays that focuses on teaching sport related classes in the humanities and social sciences It is designed to aid university faculty in proposing or revising courses and features sample syllabi assignment instructions and examinations in the appendix to each essay *Handbook of Embodied Cognition and Sport Psychology* Massimiliano L. Cappuccio, 2019-01-01 The first systematic collaboration between cognitive scientists and sports psychologists considers the mind body relationship from the perspective of athletic skill and sports practice This landmark work is the first systematic collaboration between cognitive scientists and sports psychologists that considers the mind body relationship from the perspective of athletic skill and sports practice With twenty six chapters by leading researchers the book connects and integrates findings from fields that range from philosophy of mind to sociology of sports The chapters show not only that sports can tell scientists how the human mind works but also that the scientific study of the human mind can help athletes succeed Sports psychology research has always focused on the themes notions and models of embodied cognition embodied cognition in turn has found striking confirmation of its theoretical claims in the psychological accounts of sports performance and athletic skill Athletic skill is a legitimate form of intelligence involving cognitive faculties no less sophisticated and complex than those required by mathematical problem solving After presenting the key concepts necessary for applying embodied cognition to sports psychology the book discusses skill disruption the tendency to choke under pressure sensorimotor skill acquisition and how training correlates to the development of cognitive faculties the intersubjective and social dimension of sports skills seen in team sports sports practice in cultural and societal contexts the notion of affordance and its significance for ecological psychology and embodied cognition theory and the mind's predictive capabilities which enable anticipation creativity improvisation and imagination in sports performance Contributors Ana Maria Abreu Kenneth Aggerholm Salvatore Maria Aglioti Jes s Ilund in Agurruza Duarte Ara jo J rgen Beckmann Kath Bicknell Geoffrey P Bingham Jens E Birch Gunnar Breivik Noel E Brick Massimiliano L Cappuccio Thomas H Carr Alberto Cei Anthony Chemero Wayne Christensen Lincoln J Colling Cassie Comley Keith Davids Matt Dicks Caren Diehl Karl Erickson Anna Esposito Pedro Tiago Esteves Mirko Farina Giolo Fele Denis Francesconi Shaun Gallagher Gowrishankar Ganesh Ra l S nchez Garc a Rob Gray Denise M Hill Daniel D Hutto Tsuyoshi Ikegami Geir Jordet Adam Kiefer Michael Kirchhoff Kevin Krein Kenneth Liberman Tadhg E MacIntyre Nelson Mauro Maldonato David L Mann Richard S W Masters Patrick McGivern Doris McIlwain Michele Merritt Christopher Mesagno Vegard Fusche Moe Barbara Gail Montero Aidan P Moran David Moreau Hiroki Nakamoto

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Measurement and Evaluation in Human Performance James R. Morrow, Dale P. Mood, Weimo Zhu, Minsoo Kang, 2023 Measurement and Evaluation in Human Performance Sixth Edition With HKPropel Access teaches the fundamentals of collecting and analyzing human performance data by focusing on the concepts of reliability and validity It features practical applications in kinesiology physical education and more

Sport Psychology Daniel L. Wann, 1997 Written from a psychologist's perspective this text offers a general overview of the application of psychology to sport settings by covering a wide spectrum of sport psychology subject matter

Measurement and Evaluation in Human Performance, 5E Morrow, Jr., James R., Mood, Dale, Disch, James, Kang, Minsoo, 2015-08-25 Measurement and Evaluation in Human Performance Fifth Edition leads students through the fundamentals of collecting and analyzing human performance data by focusing on the core concepts of reliability and validity and helping students apply their results to real life situations

Encyclopedia of Applied Psychology Charles Spielberger, 2004-09-02 Encompasses topics including aging geropsychology assessment clinical cognitive community counseling educational environmental family industrial organizational health school sports and transportation psychology Each entry provides a clear definition a brief review of the theoretical basis and emphasizes major areas of application

Psychology Express: Sport Psychology (Undergraduate Revision Guide) Mark Allen, Paul McCarthy, 2014-03-24 The Psychology Express undergraduate revision guide series will help you understand key concepts quickly revise effectively and make your answers stand out

The Dictionary of Psychology Ray Corsini, 2016-12-05 With more than three times as many defined entries biographies illustrations and appendices than any other dictionary of psychology ever printed in the English language Raymond Corsini's Dictionary of Psychology is indeed a landmark resource The most comprehensive up to date reference of its kind the Dictionary also maintains a user friendliness throughout This combination ensures that it will serve as the definitive work for years to come With a clear and functional design and highly readable style the Dictionary offers over 30 000 entries including interdisciplinary terms and contemporary slang more than 125 illustrations as well as extensive cross referencing of entries Ten supportive appendices such as the Greek Alphabet Medical Prescription Terms and biographies of more than 1 000 deceased contributors to psychology further augment the Dictionary's usefulness Over 100 psychologists as well as numerous physicians participated as consulting editors and a dozen specialist consulting editors reviewed the material Dr Alan Auerbach the American Psychological Association's de facto dictionary expert served as the senior consulting editor As a final check for comprehensiveness and accuracy independent review editors were employed to re-examine re-review and re-approve every entry

A Textbook of Sports Science : TEST, EVALUATION, ACCREDITATION, MEASUREMENTS And STANDARDS (TEAMS) DR. DEVINDER K. KANSAL, 2021-07-23 CONTENTS IN BRIEF PREFACE ACKNOWLEDGEMENTS vii PART I INTRODUCTION 19 77 Chapter 1

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The Oxford Handbook of Exercise Psychology Edmund O. Acevedo, 2012-06-14 This Handbook is an authoritative and comprehensive presentation of the breadth and depth of empirical contributions utilizing state of the science theories and approaches in exercise psychology The information presented in this text highlights the public health challenge of increasing participation in physical activity to enhance physical and mental health

Journal of Sport Psychology, 1986 Sport Cyberpsychology Olivia A. Hurley, 2018-03-05 Sport Cyberpsychology is the first book devoted to assessing the influence of technology on human interaction behaviour and mental health in a sport context gathering research on the use of technology and the Internet by athletes coaches and sport science support staff The book identifies the potential impact of technology on athletes mental preparation for competition as well as the role of technology in improving performance It explores the use of technology by athletes and sport organisations for social interaction while also considering the darker side of athletes Internet use It covers topics including the role of GPS gaming and virtual reality in training and injury recovery the use of social media by athletes

and sport organisations the psychology of self presentation and brand management as well as issues of online privacy the use of technology by other elite groups such as military and medical personnel and non elite sportspeople cyberbullying and online harassment of athletes online gambling and athletes mental health in relation to their online activities virtual learning environments and the educational opportunities the online world can offer athletes Accessibly written with a companion website featuring lecture slides reading lists video links and suggested social media accounts Sport Cyberpsychology offers a complete resource for students and instructors alike It is important reading for any students of sport psychology sport coaching or sport media as well as coaches athletes and sport science support staff **Applying Sport Psychology** Jim

Taylor, Gregory Scott Wilson, 2005 Covering the five psychological areas considered to have the most influence on athletic performance motivation confidence intensity focus and emotions this work provides a comprehensive approach to sport psychology Psychological Dynamics of Sport and Exercise Diane L. Gill, Lavon Williams, Erin J. Reifsteck, 2017-06-23 Psychological Dynamics of Sport and Exercise Fourth Edition reflects the latest developments in the field of sport and exercise psychology and presents various applications in a range of physical activity settings The text emphasizes practical theory which allows students pursuing careers in teaching coaching consulting exercise instruction and leadership sports medicine rehabilitation and athletic training environments to enhance physical activity experiences for all based on the best available knowledge With emphasis on practical application readers can incorporate sport and exercise psychology into both their professional and personal experiences Authors Diane L Gill Lavon Williams and Erin J Reifsteck highlight key theoretical work and research to provide guidelines for using sport and exercise psychology in professional practice and personal physical activities The fourth edition of Psychological Dynamics of Sport and Exercise includes reorganized revised content and relevant up to date research to emphasize the areas of change and growth in the field in recent years Specific updates to this edition include the following Part IV on emotion is now expanded to include two in depth chapters one focusing on emotion and performance and one on physical activity and mental health as well as a third chapter on stress management Part III on the popular topic of motivation is reorganized to emphasize contemporary research and connections to professional practice The chapter on aggression and social development now includes more current research on prosocial and antisocial behavior as well as an expanded section on positive youth development In class and out of class lab activities replace case studies to provide scenario based experiential activities for a more applied learning experience Updated end of chapter summaries review questions and recommended readings reinforce key concepts and encourage further study Application Point sidebars have been updated to cover a wide variety of professions in order to connect the content with real world application A newly added image bank helps instructors prepare class lectures Content is organized into five parts representing major topics that are found in sport and exercise psychology curriculums Part I provides an orientation with chapters covering the scope historical development and current approaches to sport and exercise psychology Part II focuses

on the individual with chapters on personality attention and cognitive skills and self perceptions Part III covers the broad topic of motivation addressing the why question of physical activity behavior Part IV looks at emotion including the relationship between physical activity and emotion as well as stress management Part V considers social processes in chapters on social influence social development and group dynamics as well as cultural diversity With more in depth coverage than introductory level texts Psychological Dynamics of Sport and Exercise Fourth Edition brings sport and exercise psychology to life for students as they prepare for their professional lives Emphasis is placed on sport and exercise psychology concepts as they apply to three key areas off kinesiology professions physical education teaching coaching and consulting exercise instruction and fitness leadership and sports medicine rehabilitation and athletic training By focusing on these professional settings readers will understand how psychology concepts are integral to real world situations outside of the classroom

Behavioral Sport Psychology James K. Luiselli, Derek D. Reed, 2011-07-25 Sport psychology is a topic of growing interest Many professionals read journals such as The International Journal of Sports Journal of Sport Behavior Journal of Applied Sport Psychology Research Quarterly for Exercise and Sport and The Sport Psychologist In August 2008 Monitor on Psychology the monthly publication of the American Psychological Association APA featured a special issue on sport psychology Indeed Division 47 of APA is devoted to the scientific educational and clinical foundations of exercise and sport psychology The North American Society for the Psychology of Sport and Physical Activity NASPSA and the Association for the Advancement of Applied Sport Psychology AAASP convene conferences each year to present scientific findings and new developments in a rapidly expanding field The AAASP and other organizations also qualify professionals as certified sport and exercise psychology consultants Finally a visit to any bookstore will reveal the lay public s fascination with sports as revealed in numerous self help books and guides to perfecting athletic performance Behavioral psychologists have studied sport psychology for more than three decades Martin Thompson Weinberg Martin Vause Schwartzman 2005 but no book has covered the topic with an emphasis on ABA and CBT methodology and practice Accordingly Behavioral Sport Psychology Evidence Based Approaches to Performance Enhancement is a first of its kind volume

Deep Learning in Adaptive Learning: Educational Behavior and Strategy Chia-Chen Chen, Patrick Hung, Erol Eğrioglu, Kuo-Lun Hsiao, 2022-09-14

Handbook of Sport Psychology Gershon Tenenbaum, Robert C. Eklund, 2007-10-05 Endorsed by the International Society of Sport Psychology this classic reference draws on an international roster of experts and scholars in the field who have assembled state of the art knowledge into this thorough well rounded and accessible volume It is completely updated to reflect the latest research and is an indispensable resource for any student or professional interested in the field of sport psychology

Evidence-Based Applied Sport Psychology Roland A. Carlstedt, 2012-11-13 This is the first book to call for a major paradigm shift in applied sport psychology by providing a wealth of systematic scientifically validated research in a field where assessment and treatment has often been haphazard In his quest to bring sport psychology to a higher level of

validity Dr Carlstedt describes the most current assessment methods intervention procedures and promising research that are critical for use in evidence based practice These assessment and treatment methods are based on 25 years of rigorous scientific approaches and principles that incorporate the most sophisticated research methods now available The book describes the mechanisms that influence peak performance or psychological performance deficits and the mental training process and provides procedures that will take the guesswork out of typical assessment and mental training It offers tools with which practitioners can reexamine their modus operandi and critically explore the mechanism of interaction outcomes To this end the book includes extensive data sets on personality behavioral tendencies mind body responses and performance outcome Dr Carlstedt advocates moving beyond compartmentalized therapeutic sessions in the office to directly observe athletic performance during training and actual competition The text also contains individual and team case studies to enhance its focus on individualized efficacy tested protocols for each individual athlete Key Features Presents a detailed client centered assessment and intervention model grounded in technology supported step by step procedures followed by efficacy testing Focuses on the importance of empirical scrutiny and individualized efficacy tested protocols for each individual athlete Describes the Carlstedt Protocol containing a visualization efficiency test among many other technologically based assessment and training tools Provides a roadmap for achieving a gold standard system of accountability Practitioners will learn how to work within Carlstedt s integrative model to improve athlete performance and contribute to the advancement of evidence based applied sport psychology

Sports Psychology Multiple Choice Questions: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Sports Psychology Multiple Choice Questions : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Pape, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and thrilling novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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