

Psychological Factors in Performance

SELF ASSESSMENT

(9 Exercises)

Scoring of EACH question of each Exercise is automated and shown immediately on screen - either by attempting the questions first, &/or, if initial help is needed, rolling the cursor over the Exercise part letter or number (this can take some searching with the cursor).

A combination of these actions encourages student interaction with the subject matter. Repeated trials lead to greater understanding and learning.

AS THE AIM OF THIS APPROACH IS UNDERSTANDING & LEARNING THROUGH AS MANY ATTEMPTS AS THE STUDENT WANTS, THE TOTAL OF ALL THE EXERCISES IN THIS 'SET' ARE NOT AUTOMATICALLY CALCULATED.

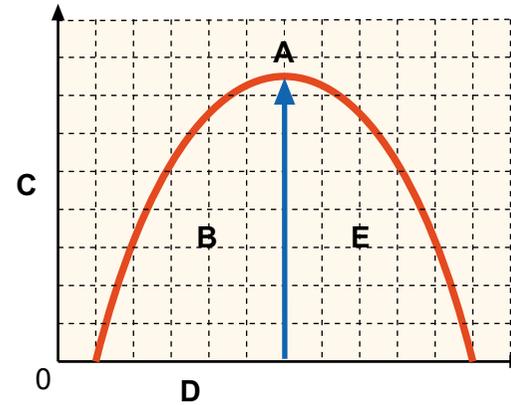


Principles of training

Exercise 47 ◀ **back**

The graph shows a typical graph of performance plotted against level of arousal. Match the letters on the graph with the correct numbered label by filling in the boxes provided with the appropriate letters.

- 1 Underarousal
- 2 Arousal axis
- 3 Over-arousal
- 4 Optimum point
- 5 Performance



● Total score out of a possible 5

0

Reset

Principles of training

Exercise 48 [◀ back](#)

One type of motivation is reward in the form of medals, prizes, certificates of merit or simply words of praise which reinforce interest and enjoyment.

Sometimes this quest for prizes and rewards replaces simple enjoyment. This can lead to bad behaviour and a win at all costs attitude, also when the prizes stop so does the motivation to carry on. Answer the following questions by entering either 1 or 2 in the appropriate box.

1 intrinsic



2 extrinsic

What type of motivation is represented by medals and prizes?

I think the answer is:

Which type of motivation will result in a life-long love and involvement in a physical activity?

I think the answer is:

● Total score out of a possible 2

0

Reset