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Sports Psychology (Virtual University of Pakistan)

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June 14, 2016

Short A/Q & Quiz file for Psy 407

Lecture 1-45

1) Sport psychology is a science in which the principal of psychology are applied in

a :

- a) Sports and science .
- b) Sports and psychology .
- c) sports and health .
- d) sports and exercise .(pg:1)

2) in 1965 the-----is promote and disseminate information about the practice of sport psychology through out the world .

a) ISSP.(pg:1)

(International society of sport psychology .

- b)NASPSPA.
- c)AAASP.
- d)CSPLSP.

3) Who are train specifically to deal with emotions and personality disorder problems that effect athletes.

- a)The educational sport psychologist .
- b) The research sport psychologist .
- c)The clinical/Counseling sport psychologist.(pg:2)
- d)none of the above .

4)Athlete who are highly motivated tend to be very-----about their abilities .

- a) Global-self confident.
- b) Situation-specific self- confidence.
- c)Self confident .(pg:4)
- d) High achiever.

5)is an important personality characteristic that facilitates daily living .It can be instrumental in encouraging a young person to try new things .

- a)Global self –confidence .(pg:4)
- b)Sports confidence theory .
- c)both a and b.
- c) none of the above .

6) In-----the athlete must experience success in order for self –efficacy to develop.

- a) Vicarious experience.
- b) verbal persuasion.
- c) Emotional arousal .
- d) **Successful performance** .

7)is strategy used by both players, juniors as well as professional .

- a) emotional skills .
- b) specific task .
- c) both a and b .
- d) **self talk** (pg:6)

8)Which category of self talk refers to words or statements that provide self encouragement to preserve or to try harder .

- a) Task specific statement related to technique .
- b)**Encouragement and effort** .(pg:6)
- c) Mood words.
- d) none of the above .

9) The ----- athlete continues to work for mastery of the skill he is working on , and enjoy feeling of self efficacy and confidence in so doing .

- a) ego oriented .
- b) goal oriented .
- c) both a and b .
- d) **Task oriented** .(pg:10)

10)is no longer enough simply to gain mastery over a skill and make personal improvement .

- a) goal orientation .
- b) **ego orientation**.(pg:10)
- c) task orientation .
- d) all of the above .

11)At the age of-----the child being to view perceived ability in term of how other children perform .

- a) two or six year .
- b) tow or five year .
- d) **six or seven year**.(Pg:10)
- d) none of the above .

12) Children pass through-----levels to fully understand the concept of developmental nature of goal orientation .

- a)8 .
- b)7.
- c)5.
- d)**4**.(pg:10)

13) This is transitional period, in the sense that the child is beginning to differentiate ability and effort .

- a) Level 1.
- b) Level 2.
- c) Level 3.(pg:10)
- d) Level 4.

14) goal orientation related to success in general, whereas goal involvement is related to ----- success .

- a) General.
- b) high .
- c) situation specific .(pg:11)
- d) all of the above .

15)Coaches need to address each of the following conditions to create a mastery environment . except .

- a) Task.
- b)Authority.
- c) Grouping.
- d) none of the above .(pg:12)

16) attribution theory is a cognitive approach to motivation .The key element in attribution theory is-----.

- a) emotions.
- b)cognitions .
- c) motivations.
- d)perception.(Pg:13)

17) To deal with attribution distortion and misclassification , Russell (1982) develop the -----.

- a) Lie scale.
- b)Defensive scale .
- c) Casual dimension scale.(Pg:14)
- d) K scale .

18)is basically something that energizes, direct and sustains behaviors.

- a)attitude.
- b) emotions .
- c) feelings .
- d)motivations .(pg:18)

19) How many kinds of motivations ?

- a) 2.(pg:18)

- b) 4.
- c) 10.
- d) none of the above .

20) The-----of motivations includes the notions of intrinsic and extrinsic motivations .

- a) social factors .
- b) competence .
- c) cooperation .
- d) **integrated theory** (pg:18)

21)the concept of Autonomy is central to self determination theory . you cannot exhibit self-determination without .

- a) attitude.
- b)Relatedness.
- c)Competence.
- d)**Autonomy** .(pg:19)

22)is necessary for a person to be self actualized , or to realize his full potential as an athlete and as human being .

- a) Autonomy .
- b) **Relatedness** (pg:19)
- c) Competence .
- d) Amotivation.

23)All are social factors of integrated theory of motivation . except :

- a)Success and failure.
- b)Competition and cooperation .
- c)Coaches'behaviour .
- d)**Competence** (pg:18)

24)refers to behavior that are neither internally or externally based.

- a) Extrinsic motivation .
- b) External regulation .
- c **Amotivation**.(pg:19)
- d)Intrnsic motivation.

25) The FLOW state scale (FSS) is composed of-----items that measures the nine dimensions identified by csikszentmihalyi.

- a) 38
- b)48
- c)21
- d)**36**.(pg:21)

26) A ----- goal is one that you can quantify in the sense that you know exactly how close you are to achieving the goal.

a) Specific goal.

b) Observable .

c) **Measurable goal..(pg:24)**

d) none of the above .

27) These are component of a team approach to setting goal .except.

a) The planning phase .

b) The meeting phase .

c) The evaluation phase .

d) **Effort mobilization .(pg:27)**

28) is the ability to gate out , or ignore , irrelevant sensory information and to pay attention to relevant information.

a) Measuring information.

b) Limited information processing capacity .

c) a and b both

d) **Selective attention .(pg:34)**

29) The process of narrowing or widening attentions through arousal management strategies .

a) Measuring attentional focus .

b) Attention narrowing .

c) **Attention control training .(pg:37)**

d) Thought stopping and centering .

30)----- involve the use of a judge or judges who are asked to observe an individual in some situation.

a) **rating (42)**

b) lie scale .

c) interview .

d) projective test .

31) the profile of mood state (POMS) is by far the most commonly used instrument for measuring mood state in psychology which is composed of 65 items that measure six-----states .

a) personality.

b) depressive .

c) **mood .(pg:49)**

d) none of the above .

32) prevalent relaxation procedure can be adequately categorized under the broad heading of relaxation . except

a) progressive relaxation .

b) Autogenic training .

c) Mediation .

d) **Concept of stress (pg:63)**

33) A-----by a psychologist or a respected member of the team is the most common method now use to increase the activation level of athlete.

a) **Pep talk .(Pg:66)**

b) Bulletin boards .

c) Fan support .

d) Coaches, Athlete and parent interaction .

34) There are certain situation in sport in which maximum arousal are necessary for success . When these situations accur , the athlete has to be fully -----

a)Dull.

b) disturbed.

c) confuse .

d) Attentive and activated .(pg:68)

35) ----- has both a cognitive and motivational functions .

a) self activation .

b) imagery (pg:68)

c) Self talk .

d) none of the above .

36) The-----state that when we imagine a scene in our mind's eye, we are scanning an actual image that has somehow formed in our brains .

a) Pictorialist .(pg:69)

b) Descriptionist .

c) imagery perspectives .

d) imagery skills .

37)The-----argues that there is no such things as a mental image .

a) pictorialist .

b)describtionist (pg:69)

c)imagery perspectives .

d) imagery skills .

38)posits that imagery results in subliminal neuromuscular patterns that are identical to the patterns used during actual movement .

a)Symbolic learning theory .

b) attention and arousal set theory .

c) psychoneuromuscular theory .

d) none of the above .

39) in which type of imagery , the athlete imagines himself in a general sport situation exhibition the ability to remain focus .

a) Cognitive general (CG)

b) motivational- general- mastery(MG-M) .(pg:73)

c) cognitive specific .(CS)

d) motivational specific .(MS)

40) In a cognitive sense, ----- is used to restructured the way athlete think about themselves and about the way they execute and learn new sport skills .

a)imagery .

b) hypnosis (pg:76)

c) cognitional .

d) none of the above .

41) There is a central control system that performs planning and monitoring functions in the brain . according to which theory of hypnosis .

a) Social-cognitive theory.

b) Hypnosis as an Altered state of consciousness .

c) Neodissociation theory (pg:77)

d) none of the above .

42) While -----, individual retain the ability to control their behavior , are aware of their surroundings , and can monitor events outside the framework of suggestion given during .

a) Imagery .

b) psychological skills .

c) Hypnotized .(pg:78)

d) all of the above .

43) Measurement of psychological skills :Except .

a) Psychological skills inventory for sports .(pg:81)

b) Effectiveness of psychological interventions programs .

c) athletic coping skills inventory .

d) test of performance strategies .

44) The-----in the competitive situation include self talk , emotional control , automaticity, goal setting, imagery , activation , negative thinking and relaxation .

a) Psychological skills training program .

b) initial meeting with athlete .

c) Test of performance strategies .(pg:82)

d) none of the above .

45) coaches and athlete recognized the importance of physical practice and training to prepare for peak performance ,the-----between the sport psychologist and athlete is pivotal for emphasizing the need for commitment to the PSTP .

a) Who is the client ?

b) Initial meeting with the athlete .(pg:83)

c) development of need assessment plan .

d) psychological methods and strategies to be thought.

46) Ethics in sports include .

a) Competence Integrity.

b) Professional and scientific responsibilities .

c) Respect for [people's right and dignity .

d) All of the above .(pg:85)

47) It's a member responsibilities to protect the reputation of the society and the public from members who are deficient in ethical conduct . according to which ethics .

a) Competence .

b) social responsibilities .

d) professional and scientific responsibilities .(pg:85)

d) concern for other's welfare .

48) individual engaged in ----- , the primary goal is the injury of another human being .

a) hostile aggression .(pg:87)

b) Instrumental aggression .

c) Both a and b .

d) none of the above .

49) The individual engaged in-----, the intent to harm another individual is present , but the goal is to realize some external goal such as memory , victory or prestige .

a) Hostile aggression .

b) Instrumental aggression (pg:87)

c) Both a and b .

d) All of the above .

50) theories of aggression include .

a) Instinct theory .

b) Social learning theory .

c) Theory of moral reasoning and aggression .

d) All of the above .(pg:88)

51) Theory proposes that aggression is a natural response to frustration , and that the aggressive act provide a catharsis, or purging, of the anger associated with the frustration . (

a) Instinct theory .

b) Social learning theory .

c) Theory of moral reasoning and aggression.

d) Reformulated frustration-Aggression theory .(pg:88)

52) As player become more familiar with one another due to frequency of play , and as the rivalries become more intense due to geographical location, aggression become more frequent.

a) Structure of the game .

b) Fear of retaliation.

c)Rivalry, Familiarity ,and frequent of play .(pg:90)

d) goal orientation.

53)research is based on the notion that the presence of an audience of one or more spectators can facilitate performance .

a)Goal orientation.

b) Psychological skills .

c) Social facilitation.(pg:92)

d) none of the above .

54)traits are relatively stable personality disposition such as intelligence , aggressiveness , and independence .

a) common traits .

b) surface traits .

c) leadership traits .(pg:98)

d) Universal traits .

55) Trait theory has its origin in the-----theory of leadership , which suggest that certain great leaders have personality traits and personality characteristics that make them ideally suited for leadership .

a) Great businessmen .

b) Great leader.

c) Great man.(pg:98)

d) none of the above .

56) The basic preposition of-----is that the function of the leader is to provide a “well-lighted path” to assist the follower in achieving goals .

a) Fiedler’s contingency theory .

b) Path-goal theory (pg:98)

c) Life cycle theory .

d) none of the above .

57) An important factor linked with leader effectiveness is-----, or the equality of the leadership between the coaches and the athlete .

a) playing position and leadership opportunity .

b) playing position and stacking .

c) Coach-Athlete compatibility .(pg:93)

d) all of the above .

58) Documentation of the psychological benefits of regular exercise has led to the inclusion of-----as a fourth factor of heart disease .

a) regular exercise .

b) irregular exercise .

c) both a and b .

d) “Lack of exercise “(pg:100)

59) ----- refers to exercise that is accomplished at an exercise intensity that allow for the intake of sufficient oxygen to maintain continuous exercise .

a) Acute exercise .

b) Chronic exercise .

c) Aerobic exercise .(pg:100)

d) Anaerobic exercise .

60) Synchronized swimming is an example of .

a) Acute exercise .

b) Chronic .

c) Anaerobic exercise .(pg:100)

d) Aerobic exercise .

61) Wheelchair sport participant have been observed to enjoy greater psychological benefits from physical activity then wheelchair nonparticipants in sports . is an example of .

a) Children and elderly .

b) Disabled individual .(pg:101)

c) social population.

d) none of the above .

62) researches suggest that-----during exercise can increase positive affects in the exercise .

a) Time of day .

b) Mode of exercise .

c) Social environment .

d) Listening to music .(pg:101)

63) many hypothesis proposed to explain why-----is associated with improved mental health .

a) Imagery .

b) hypnosis.

c) Exercise .(pg:102)

d) psychological skills .

64) The-----is that exercise encourages and generates positive thoughts and feelings that serve to counteract negative mood states such as depression , anxiety and confusion .

a) distraction Hypothesis.

b) social interaction hypothesis .

c) Cognitive behavioral hypothesis .(pg:102)

d) all of the above .

65)

An increase in ----- is helpful in breaking the downward spiral of negative affect associated with depression , anxiety , and other negative mood states.

a) Self- control.

b) Self-confidence .

c) Self –efficacy .(pg:102)

d) Both b and c .

66)Psychological explanations of exercise psychology include .

a) cardiovascular fitness hypothesis .

b) Amine hypothesis .

c) Endorphin hypothesis .

d) all of the following .(pg:102)

67) the basic premise of the-----is that increased secretion of chemical that serve as neurotransmitters is related to improved mental health .

a) Cardiovascular hypothesis .

b)Amine hypothesis (pg:102)

c) Endorphin hypothesis .

d) Social interaction hypothesis .

68) The theory of-----that the main precursor of a behavior such as exercise is the individual's intention to perform the behavior .

a) The theory of reasoned action .(pg:104)

b) The theory of planned behavior .

c) social cognition theory .

d) all of the above .

69) according to the transtheoretical model , individual pass through ----- dynamics stages in adopting healthy long-term exercise behavior .

a) 4.

b)5.(pg:104)

c) 6.

d) none of the above .

70) young women who regularly participate in physical exercise activities during their reproductive years have a reduced risk of-----.

a) heart disease.

b) cholesterol level .

c) **Breast cancer .(pg:106)**

d) high blood pressure .

71) ----- ,physical self concept and body image are all constructs that describe how an individual feel about her physical body .

a) Realistic anxiety .

b) Moral anxiety .

c) both a and b .

d) **Social physique anxiety .(pg:106)**

72) Physical factors such as overtraining, equipment failure, and poor playing conditions are believed to be the major factors contributing to-----.

a) athlete rehabilitation.

b) **athlete injuries .(pg:112)**

c) athlete muscle problem.

d) none of the above .

73)include hardiness, locus of control , sense of coherence , competitive trait anxiety, and intrinsic motivation.

a) intervention.

b) History of stressor .

c) **personality factor (pg:112)**

d) coping resources.

74)are hormones that stimulate protein anabolism in the body .

a) stimulants .

b) depressant .

c) **Anabolic steroids.(pg:115)**

d) other banned drugs .

75) negative physiological consequences associated with-----use include increased risk of heart disease, certain cancer, and undesirable sex specific effects

.

a) **Anabolic-Androgenic Steroids.(pg:115)**

b) Stimulant.

c) depressant.

d) none of the above .

76) Stimulant ,such as-----, increase the rate and work capacity of the central nervous system , respiratory system , and heart .

a) hallucinogenes.

b) barbiturate .

c) **Ampetamines and cocaine . (pg:115)**

d) alcohol.

77) may actually have the effect of reducing inhibition , reducing judgment , and heightening risk taking behavior which may in turn result in poor as opposed to superior performance.

- a) Stimulant.
- b) Amphetamine and cocaine .
- c) depressant. (pg:115)
- d) none of the above .

78) other drugs that have been banned by the international olympic Committee (IOC) include ,

- a) depressant.
- b) Diuretics, Hallucinogens.
- c) beta – adrenergic .
- d) both b and c (pg:116)

79) Using-----, the psychologist utilize support groups among the players to encourage drug abstinence.

- a) physiological technique.
- b) cognitive technique .(pg:116)
- c) behavioral technique .

80) The focus of----- is upon teaching athlete ways to enhance performance that do not include the use of drug .

- a) Cognitive technique .
- b) emotional technique .
- c) behavioral technique .(pg:116)
- d) none of the above .

SHORT ANSWER QUESTION

Question1:

What is sport psychology ?

Ans:

Sport psychology is a science in which the principles of psychology are applied in a sport and exercise setting.

These principles are often applied to enhance performance, however, a true sport psychologist is interested in much more than performance enrichment and sees sport as a tool for human enrichment.

Question:2

What does the sport psychologist do ?

Ans:

Roles and functions of a sport psychologist are described in the categories of clinician, educator and researcher.

The clinical/ Counseling Sport Psychologist

The Educational Sport Psychologist

The Research Sport Psychologist

Question3:

In how many domain the Multicultural training issue in sport psychology students should be provided?

Ans:

Multicultural training of sport psychology students should be provided in four domains.

First, Students should experience a heightened awareness of and sensitivity to cultural groups different from their own. **Second** they should gain knowledge about people who belong to cultures different than their own.

Third, students should learn helping and intervention skills through the process of role playing and stimulated interaction. **Finally**, each prospective graduate should experience a supervised practicum to gain hands-on experience working with members of a different culture or race.

Question3:

Describe goal involvement ?

Ans:

There are two types of goal perspective. One is referred to as **goal orientation** and the other is **goal involvement**.

Both are related to success,

Goal orientation :

, goal orientation related to success in general, goal orientation is the motivation to achieve a goal in sport.

Goal involvement :

goal involvement is a situation-specific state measure of how an individual relates to an achievement situation at a specific point in time.

Goal involvement can be further divided into two categories; task or master involvement, and ego or competitive involvement.

Question4:

What is motivation in sports ?

Ans:

Motivation is basically something that energizes, direct, and sustains behaviors.

There are two kinds of motivation:

intrinsic motivation

extrinsic motivation,

Intrinsic motivation :

Intrinsic motivation basically the internal desire of the players to perform a particular task, to do certain activities because it gives them pleasure, develops a particular skill, or it's morally the right thing to do.

extrinsic motivation :

Extrinsic motivation are the motivational factors external to the

individual and unrelated to the task they are performing or in other words extrinsic motivation refers to motivation that comes from an external as opposed to an internal source.

Examples

include money, and other rewards.

Question5:

Which social factors include in integrated theory of motivation ?

Ans:

The integrated theory of motivation includes the notions of intrinsic and extrinsic motivation.

Social factors and psychological mediator are seen as determinants of motivation that lead to certain consequences.

- 1) **Success and failure .**
- 2) **Competition and cooperation .**
- 3) **Coaches behavior.**

Question7:

Level of motivation ?

- 1) Amotivation.
- 2) Intrinsic motivation.
- 3) Extrinsic motivation .
- 4) External motivation
- 5) Introjected motivation.
- 6) Identified regulation.

Question8:

Basic Types of Goals And Their Effectiveness

There are three basic types of goals that have been identified in the sport psychology literature.

These three different types of goals are

outcome goals,
performance goals,
process goals.

Question9:

Memory Systems

Ans:

There are three basic memory systems:

Sensory information store
Short-Term Memory (STM)
Long-Term Memory (LTM)

Question10:

Selective Attention?

Ans:

Selective attention is the ability to gate out, or ignore, irrelevant sensory information, and to pay attention to relevant information. Each of us has experienced the feeling of over stimulation that can result in an inability to concentrate. If it were not for our ability to concentrate on one or two relevant items at a time, we simply could not function. The ability to selectively attend to appropriate stimuli is critical in most athletic situations.

Question:11

Personality Defined?

Ans:

Personality is defined as an individual's characteristic pattern of **thinking, feeling, and acting**. In other words personality is "all the consistent ways in which the behavior of one person differs from that of others, especially in social situations." The key words in this definition are basically "**consistent**" and "**differs**". An individual's personality defines the person in unique ways that remain stable and consistent over time. If an athlete consistently exhibits the characteristics of being assertive on and off the athletic field, we might say that he is an assertive person

question:12

Theories of Personality?

Ans:

The four major theoretical approaches to the study of personality are as follows:

1.Psychodynamic theory

2. Social learning theory

3.Humanistic theory

4.Trait theory

Question 13:

Trait Theory?

Ans:

The basic position of trait or factor theory is that personality can be described in terms of traits possessed by individuals. These personality traits are considered synonymous with dispositions to act in a certain way. **Traits are considered to be stable, enduring, and consistent across a variety of differing situations.** Cattell (1965) believed that typical responses are a function of both the situation (environment) and the personality disposition. This is evident from his formula,

$R = S \times P$ in which, **R= response, S= situation, and P= Personality.**

Question 14:

1. Minnesota Multiphasic Personality Inventory?

Ans:

The Minnesota Multiphasic Personality Inventory (MMPI) is the most widely used of all personality inventories. It basically consists of a series of true/false questions designed to measure personality traits and clinical conditions of the athletes.

The original version of the **MMPI, composed of 550 items**, was and is still in use (Hathaway & McKinley, 1940). **A revised version of the inventory, composed of 567 items**, was

developed in 1990 and named the MMPI-2 (Butcher, Graham, Williams, & Ben-Sporath, 1990). These authors also developed a new form of the inventory to be used with adolescents (MMPI-A). The traits measured by the MMPI-2 include the following **hypochondria, depression, hysteria, psychopathic deviation, masculinity-femininity, paranoia, obsessive-compulsive behavior, schizophrenia, hypomania, and social intraversion**.

The inventory also includes items to detect lying and faking good/bad scores. While the MMPI-2 was designed specifically for use with clinical populations, it may be used with normal individuals

question 15:

16Pf Primary Traits?

Ans:

1. Warmth
2. Reasoning
3. Emotional Stability
4. Dominance
5. Liveliness
6. Rule-Consciousness
7. Social Boldness
8. Sensitivity
9. Vigilance
10. Abstractedness
11. Privateness
12. Apprehension
13. Openness to Change
14. Self-Reliance
15. Perfectionism
16. Tension

Question 16:

Differentiating Among Anxiety, Arousal, and Stress?

Ans:

The emotion of anxiety affects athletic performance, however, the problem is that **the term “anxiety” is closely associated with the terms “arousal” and “stress”**. We will look how these terms are similar and how they differ. The discussion will focus upon emotions and mood, Selye's concepts of stress, and Lazarus's concept of stress process.

Antecedents of Precompetitive State of Anxiety Competitive state anxiety that occurs prior to a competitive situation is referred to as precompetitive state of Anxiety.

Question :17

Which five factors include increase anxiety ?

Ans:

According to Endler (1978, 1983), there are five specific antecedents, or factors that lead to an increase

in anxiety in anticipation of an achievement situation. **These five factors are:**

1. Fear of performance failure. Fear of getting defeated by a weaker opponent could pose a threat to an athlete's ego.
2. Fear of negative social evaluation. Fear of being evaluated negatively by thousands of spectators could pose a threat to self-esteem.
3. Fear of physical harm. Fear of being hit in the head by a 90 mph fastball could pose a serious threat.
4. Situation ambiguity. Not knowing if she is going to start a match is sometimes stressful to an athlete.
5. Disruption of well-learned routine. Being asked to change the way he does things without practice and warming could be threatening to an athlete

Question 18:

Team energizing strategies:

Ans:

Team energizing strategies are those strategies that deal with the team as a whole and are generally Orchestrated by the coach. They include such things as:

1. Team goal setting
2. Pep talks
3. Bulletin boards
4. Publicity
5. News coverage
6. Fan support
7. Coach athlete, and parents interaction
8. Pre competition workout
9. Post competition conference

Question20 :

Individual self-energizing strategies?

Ans:

Individual self-energizing strategies are those strategies that the individual uses to induce immediate activation and alertness. From the perspective of the individual, these latter techniques are also referred to as individual psyching-up strategies

Question21:

Coach, Athlete, and Parent Interaction?

Ans:

The interaction between an athlete's parents, the athlete, and the coach are an often-overlooked source of motivation for an athlete. Coaches are often wary about the over-involved and demanding parents. However, often just the opposite situation occurs, and parents are excluded from active involvement in motivating an athlete. Parents provide tremendous support for an athlete involvement that sometimes goes completely unnoticed.

Immediate

Question22:

Self-energizing strategies include:

Ans:

1. Individual goal setting
2. Self-talk
3. Attentional focus
4. Imagery
5. Self-activation.

Question23:

Defining Imagery

Ans:

Imagery has been defined as “**using all the senses to re-create an experience in the mind**”

Imagery has been identified as one of the most important topics in cognitive science. **Two**  **of imagery** have evolved;

a. Pictorialist

The pictorialists state that when we imagine a scene in our mind's eye, we are scanning an actual image that has somehow formed in our brain.

b. Descriptionist

The descriptionist argues that there is no such thing as a mental image. That is, when we imagine a physical scene in our mind's eye, we are not really seeing an internal image, but the graphic and detailed nature of our language makes it seem so

question24:

Theories of Hypnosis

Ans:

1. Social-cognitive Theory
2. Hypnosis as an Altered State of Consciousness
3. Neodissociation Theory

Question25:

Theories Of Why Imagery Works?

Ans:

1. Psychoneuromuscular Theory
2. Symbolic Learning Theory
3. Attention and Arousal Set Theory

Question26:

Achieving the Hypnotic Trance?

Ans:

Five phases are associated with hypnotic trance in subject. They are

preparation of the subject,
the induction process,
the hypnotic phase,
waking up,
the post hypnotic phase.

Question27:

Self-Hypnosis?

Ans:

There are two kinds of hypnosis. The first kind is heterohypnosis, and the second is **self-hypnosis, or autohypnosis.**

heterohypnosis, that which is induced by another person, usually a trained therapist or a psychologist. Heterohypnosis should be practiced only by skilled professionals. Heterohypnosis is based upon a delicate rapport and trust between the therapist and the client.

There are two kinds of self-hypnosis. The first is **self-induced**, and the **second is induced**

The phases involved in self-hypnosis are identical to those outlined for hypnosis generally. **First**, the athlete must be completely comfortable regarding the use of hypnosis. **Some common strategies for induction are to sit in an easy chair and stare at a spot on the wall, imagine a blank screen, or look into a mirror.**

Question28:

Improving the Effectiveness of Hypnosis?

Ans:

Five factors have been identified that can influence the effectiveness of hypnosis, they are:

- 1. The competence of the professional therapist**, or the skill of the athlete.
- 2. The quality of the relationship between therapist and individual** being hypnotized is important.
- 3. The therapist must do her homework** and get to know the person being hypnotized.
- 4. Effective outcomes require practice** of the procedures and instructions given during hypnosis.
- 5. It works best if therapist and athlete both recognize the limitations of hypnosis..**

Question29:

Psychological Skills Training Program

Ans:

A number of psychological skills training programs have been proposed. A sample psychological skill training program is give below. **It has seven phases.**

Phase 1: Who is the Client?

Phase 2:Initial Meeting with Athletes.

Phase 3:Education of the Sport Psychologist Relative to Activity

Phase 4:Development of a Needs Assessment Plan

Phase 5:Psychological Methods and Strategies to be Taught

Phase 6:Actual Teaching and Learning of Selected Psychological Methods

Phase 7:Ongoing and End-of-Session Evaluation of PSTP

Question 30:

ETHICS IN SPORT PSYCHOLOGY

Ans:

Their Ethics Code is based in large part on the Ethical Principles and is composed of a preamble and **six general principles.**

Principle 1: Competence

Principle 2: Integrity

Principle 3: Professional and Scientific Responsibility

Principle 4: Respect for People's Rights and Dignity

Principle 5: Concern for Other's Welfare

Principle 6: Social Responsibility

Question31:

Theories of Aggression?

Ans:

Theories of aggression fall into four main categories:

1. Instinct theory,
2. Social learning theory
3. Theory of moral reasoning,
4. The frustration-aggression hypothesis.

Question32:

Measurement of Team Cohesion

Ans:

A number of inventories have been developed for measuring team cohesion in sport. An incomplete list of inventories include:

1. **Sports Cohesiveness Questionnaire** (SCQ; Martens & Peterson, 1971);
2. **Team Cohesion Questionnaire** (TCQ; Gruber & Grey, 1981);
3. **Sport Cohesion Instrument** (SCI; Yukelson, Wienberg and Jackson, 1984);

4. Group Environment questionnaire (GEQ; Widmeyer, Brawley & Carron, 1985);

5. Team Psychology Questionnaire (TPQ; Partington and Shangi, 1992)

Question33:

Special Populations

Ans:

We turn our attention now to the beneficial psychological effects of regular physical activity on special populations of people. Special populations can be divided into three categories; **clinical patients, children and elderly, and disabled individuals.**

Question34:

Clinically diagnosed eating disorders:

Ans:

The two most severe clinically diagnosed or pathogenic rating disorders are **anorexia nervosa and bulimia nervosa.**

Anorexia nervosa

They exhibit the following criteria:

- a. Severe weight loss
- b. Refusal to maintain normal body weight
- c. Intense fear of gaining weight or becoming fat
- d. Severe body image disturbance

Treatment and recovery requires professional help. The diagnosed anorexic cannot overcome this mental illness herself.

Bulimia Nervosa

They exhibit the following criteria:

- a. Binge eating followed by purging at least twice per week for three months
- b. Loss of self-control
- c. Severe body image disturbance

Bulimics are preoccupied with food and weight, fear getting fat, and exhibit chaotic eating behaviors. Unlike anorexics, bulimics turn to food, rather than away from it. As with anorexia nervosa, treatment and recovery from bulimia nervosa requires professional help.

question 35:

Models of Burnout

Ans:

We will look at three different models of burnout. They are:

- The stress model
- The investment model
- The sociologically based empowerment model

Question36:

Symptoms of Burnout and Interventions

There are two sets of symptoms that include physiological and psychological symptoms of burnout.

Physiological symptoms include:

- 1. Increased resting and exercise heart rate

2. Increased resting systolic blood pressure
3. Increased muscle soreness and chronic muscle fatigue
4. Increased presence of biochemical indicators of stress in the blood
5. Increased sleep loss
6. Increased colds and respiratory infections
7. Decreased body weight
8. Decreased maximal aerobic power
9. Decreased muscle glycogen
10. Decreased libido and appetite

Psychological symptoms include:

1. Increased mood disturbances
2. Increased perception of physical, mental, and emotional exhaustion
3. Decreased self-esteem
4. Negative change in the quality of personal interaction with others (cynicism, lack of feeling, impersonal relating)
5. Negative cumulative reaction to chronic everyday stress as opposed to acute doses of stress.

Question37:

Emotional Response

Emotional responses include:

- a. Fear of the unknown
- b. Feelings of tension, anger, and depression
- c. Frustration and boredom associated with being injured
- d. Negative attitude
- e. Grief associated with an injury
- f. Emotional coping skills

question38:

Psychophysiological Effects of Certain Banned Substances

Each of the drugs or banned substance that will be mentioned in this brief review has both a hoped-for benefit (the reason it is taken by the athlete) and a negative consequence. In some cases the negative consequences are well documented, but in other cases, due to limitations of research, they are not

Anabolic-Androgenic Steroids

Stimulants

Depressants

Question39:

Combating Drug Abuse in Sport

Two basic approaches to combating drug use in sport are cognitive techniques and behavioral techniques.

Cognitive techniques utilize intellectual and psychological methods to influence behavior and attitude.

Behavioral techniques shape the athlete's environment in ways that will elicit desirable responses and behaviors from the athlete

Cognitive Techniques