4.6 Sport Psychology: Personality Types in Sport: 10-minute Pack

Total Marks

AQA 8582 · Calculators not allowed · about 10 minutes

Name: _____ Date: ____ / ____ / _____

Answer ALL questions. Show all your working.

1 State one example of a sport that is generally considered better suited to a performer with extrovert tendencies.

(Total for Question 1 is 1 mark)

2 Discuss trait theory personality types in sport, using a named performer and a named sport of your choice, and evaluate how useful personality type is for predicting sporting success.

(Total for Question 2 is 9 marks)

3 Explain how a coach could adapt their coaching style differently for an introverted performer compared with an extroverted performer on the same team.

(Total for Question 3 is 3 marks)

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Mark scheme · 4.6 Sport Psychology: Personality Types in Sport: 10-minute Pack

Question 1

any valid team/high-stimulation sport, e.g. rugby, football, basketball, oe — **B1**

Answer: For example, rugby.

Question 2

Level 3 A detailed and coherent response that accurately describes the introvert-extrovert continuum, applies it specifically and defensibly to the named performer/sport, and gives a balanced evaluation of personality's usefulness for predicting success, including its limits. Sustained, accurate use of sport psychology terminology throughout. — **7-9**

Level 2 Mostly accurate description of introvert/extrovert traits with some application to the named performer/sport, and some evaluation, though it may be underdeveloped or one-sided. Generally correct use of terminology. — **4-6**

Level 1 Basic or generic statements about personality with little or no accurate use of the introvert-extrovert continuum and little application to the named example. — **1-3**

Level 0 No relevant content. — **0**

Indicative content:

- Trait theory description: personality is classified along a scale between introvert (prefers lower stimulation, more reserved) and extrovert (prefers higher stimulation, more outgoing), based on a performer's stable, underlying traits.
- Application: reasoned, defensible placement of the named performer on the introvert-extrovert scale using details of their described behaviour/preferences.
- Application: a plausible link between the named sport's typical demands (e.g. high-stimulation team environment vs calm, individual, fine-skill environment) and where the performer sits on the scale.
- Language of tendency: correctly uses words like 'tends to', 'may be more suited to' or 'is more likely to' rather than presenting the link as an absolute rule.
- Evaluation - strength: trait theory gives coaches a simple, quick starting point for thinking about a performer's likely preferences and possible role.
- Evaluation - limitation: many successful performers do not fit the 'expected' personality-sport pairing, showing personality alone is not a reliable predictor of success.
- Evaluation - limitation: other factors, such as skill level, physical fitness, coaching quality, motivation and opportunity, have at least as much influence on success as personality.
- Evaluation - limitation: personality may also be shaped by the situation and experience (an interactionist view), not fixed permanently from birth, so a performer's traits in one context (e.g. training) may not fully predict their behaviour in another (e.g. a cup final).

Question 3

for an introvert: calmer, quieter, one-to-one feedback/coaching may be more effective than public praise or criticism, oe — **B1**

for an extrovert: more energetic coaching, public praise, or team-based motivation may be more effective, oe — **B1**

adapting the approach to the individual, rather than using one identical style for the whole team, is more likely to get the best response from each performer, oe — **B1**

Answer: An introverted performer may respond better to calmer, quieter, one-to-one feedback rather than public praise or criticism, while an extroverted performer may respond well to more energetic coaching and public praise; adapting the coaching style to the individual, rather than treating the whole team identically, is more likely to get the best response from each performer.

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