4.6 Sport Psychology: Personality Types in Sport: Test Pack

Total Marks

AQA 8582 · Calculators not allowed · about 15 minutes

Name: _____ Date: ____ / ____ / _____

Answer ALL questions. Show all your working.

1 In GCSE PE, the trait theory of personality classifies performers along a scale between two personality types.

- ☐ A) Introvert and extrovert
- ☐ B) Open and closed
- ☐ C) Basic and complex
- ☐ D) Aggressive and assertive

(Total for Question 1 is 1 mark)

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2 State the name of the theory that classifies a performer's personality along a scale between introvert and extrovert.

(Total for Question 2 is 1 mark)

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3 Explain two ways Jamal could use this information to help his own training or preparation for races.

(Total for Question 3 is 4 marks)

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4 Give three ways, other than a questionnaire, in which a coach could find out about a performer's personality.

(Total for Question 4 is 3 marks)

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5 State whether Priya's description best matches an introvert or an extrovert personality type, justifying your answer.

(Total for Question 5 is 2 marks)

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6 Explain what this suggests about using trait theory to predict how a performer will behave.

(Total for Question 6 is 3 marks)

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Mark scheme · 4.6 Sport Psychology: Personality Types in Sport: Test Pack

Question 1

A **B1**

Answer: A

Question 2

trait theory **B1**

Answer: Trait theory.

Question 3

point 1: he could choose training that suits a preference for low stimulation, e.g. doing some skill practice alone or in a small group, oe **B1**

development: e.g. fewer distractions from noise and large groups may let him concentrate, so the practice may be more effective, oe **B1**

point 2: he could plan quiet time before a race, e.g. listening to calm music or going through his race plan alone, oe **B1**

development: e.g. this may stop him becoming overwhelmed by a noisy changing room or crowd, keeping his stimulation at a level he prefers, oe **B1**

Answer: E.g. practising skills alone or in small groups so he can concentrate; planning quiet time before a race so he is not overwhelmed by noise.

Question 4

one valid method, e.g. watching how the performer behaves in training and matches, oe **B1**

a second, different valid method, e.g. talking to the performer about how they feel in different situations, oe **B1**

a third, different valid method, e.g. asking team-mates, teachers, parents or previous coaches how the performer usually behaves, oe **B1**

Answer: Any three different methods, e.g. observing training and matches; talking to the performer; asking team-mates, teachers, parents or previous coaches.

Question 5

introvert, oe **B1**

justification: quiet, prefers to train alone, and easily overwhelmed by high stimulation, all match the introvert description, oe **B1**

Answer: Introvert, because being quiet, preferring to train alone and being easily overwhelmed by loud, high-pressure situations all match the typical description of someone who prefers lower stimulation.

Question 6

behaviour can change with the situation, such as an exciting or important moment, oe **B1**

so a performer's behaviour in one situation may not match their usual personality type, oe **B1**

so a coach should judge personality from behaviour across many situations rather than from one moment, oe **B1**

Answer: Behaviour can change with the situation, so one moment may not match a performer's usual type; a coach should judge from behaviour across many situations.

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