



PE.SP6 Sport Psychology: Personality Types in Sport

AQA 8582 · Calculators not allowed · about 50 minutes

Total Marks

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)

- 2** State two typical characteristics of an introvert.

(Total for Question 2 is 2 marks)

- 3** State two typical characteristics of an extrovert.

(Total for Question 3 is 2 marks)

- 4** Trait theory suggests that introverts and extroverts may TEND to suit different types of sport, though this is not a fixed rule.
Explain why an introvert might tend to be more suited to an individual, fine-skill sport such as archery or golf, rather than a fast-moving team sport.

(Total for Question 4 is 3 marks)

- 5** Priya plays in goal for her school netball team and describes herself as quiet, preferring to train alone, and easily overwhelmed by loud, high-pressure situations.
- State whether Priya's description best matches an introvert or an extrovert personality type, justifying your answer.

(Total for Question 5 is 2 marks)

- 6** Explain why it is important to treat the link between personality type and sporting success as a tendency, rather than as a fixed rule.

(Total for Question 6 is 3 marks)

- 7** Which of the following performers is showing behaviour most typical of an extrovert?
- ☐ A) A performer who prefers to warm up alone and stays quiet before a match
 - ☐ B) A performer who enjoys the noise and energy of a full stadium and thrives in a big team environment
 - ☐ C) A performer who becomes overwhelmed in loud, crowded changing rooms
 - ☐ D) A performer who prefers solitary training sessions to team training

(Total for Question 7 is 1 mark)

- 8** Ben is a rugby prop who says he loves the physical contact, the roar of a big crowd, and being part of a large, noisy team environment.
- (a)** State whether Ben's description best matches an introvert or an extrovert personality type. (1)
- (b)** Suggest one type of sporting role that might suit Ben's personality type well, other than rugby. (1)

(Total for Question 8 is 2 marks)

- 9** Explain one way trait theory could be useful to a talent-identification coach, and one limitation of relying on it.

(Total for Question 9 is 4 marks)

- 10** State one criticism of using a personality questionnaire alone to predict how well a performer will do in a particular sport.

(Total for Question 10 is 2 marks)

- 11** 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 11 is 9 marks)

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

(Total for Question 12 is 1 mark)

- 13** State one example of a sport that is generally considered better suited to a performer with introvert tendencies.

(Total for Question 13 is 1 mark)

- 14** A talented young footballer, who is naturally quiet and prefers calm environments, is told by a coach that she 'will never succeed' in football because she does not fit the typical extrovert team-sport personality.

Evaluate whether the coach's statement is a fair application of trait theory.

(Total for Question 14 is 3 marks)

- 15** 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 15 is 3 marks)

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

(Total for Question 16 is 1 mark)

- 17** Which of the following is NOT part of how trait theory describes personality?

- ☐ A) A performer's preferred level of stimulation/arousal
- ☐ B) Whether a performer tends to be outgoing or reserved
- ☐ C) Whether a skill is performed in a changing or stable environment
- ☐ D) Traits that are fairly stable and consistent for that performer

(Total for Question 17 is 1 mark)

- 18** State two factors, other than personality type, that can affect how successful a performer is in their sport.

(Total for Question 18 is 2 marks)

- 19** A hockey team has a naturally outgoing, vocal captain who organises the team and thrives on the noise of a big match, and a naturally calm, quiet penalty-corner specialist who prefers to focus alone before her strike.

Explain how both of these different personality types can be valuable to the same team.

(Total for Question 19 is 3 marks)

- 20** Explain why two players in the same team sport can have very different personality types and both still succeed.

(Total for Question 20 is 2 marks)

Mark scheme · PE.SP6 Sport Psychology: Personality Types in Sport

Question 1

- **B1 A**
- **Answer: A**

Question 2

- **B1** prefers lower levels of stimulation/arousal, oe
- **B1** tends to be quieter, more reserved, or prefers to be alone/in small groups, oe
- **Answer: An introvert tends to prefer lower levels of stimulation, and tends to be quieter and more reserved, often preferring to be alone or in small groups.**

Question 3

- **B1** seeks/prefers higher levels of stimulation/arousal, oe
- **B1** tends to be more outgoing, sociable, or enjoys being around other people, oe
- **Answer: An extrovert tends to seek higher levels of stimulation, and tends to be more outgoing and sociable, often enjoying being around other people.**

Question 4

- **B1** an introvert tends to prefer lower levels of stimulation/arousal, oe
- **B1** individual, fine-skill sports like archery/golf are typically performed at a calm, lower-arousal pace, oe
- **B1** this matches an introvert's preferred lower stimulation level better than the higher-arousal, socially intense environment of many team sports, oe
- **Answer: An introvert tends to prefer lower levels of stimulation and arousal, and individual, fine-skill sports such as archery or golf are typically performed at a calm, lower-arousal pace, which matches an introvert's preferred stimulation level better than the higher-arousal, socially intense environment of many fast-moving team sports.**

Question 5

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

- **B1** many successful performers do not fit the 'expected' personality type for their sport, e.g. successful extroverted archers and successful introverted team players both exist, oe
- **B1** other factors (skill, fitness, experience, motivation) also strongly affect performance, so personality alone does not determine sporting success, oe
- **B1** treating it as a strict rule risks wrongly steering a performer away from a sport they could actually succeed in, oe
- **Answer: Many successful performers do not fit the 'expected' personality type for their sport, and factors such as skill, fitness, experience and motivation also strongly affect success, so personality alone does not determine it; treating the link as a strict rule risks wrongly steering a performer away from a sport they could actually succeed in.**

Question 7

- **B1 B**
- **Answer: B**

Question 8

- (a) **B1** extrovert
- (a) **Answer: Extrovert.**
- (b) **B1** any valid high-stimulation team sport/role, e.g. football, hockey, or basketball, oe
- (b) **Answer: For example, football.**

Question 9

- **B1** usefulness: it may give a coach a rough early indicator of which sport/role a young performer's personality could suit, oe
- **B1** linked example, e.g. an outgoing, high-stimulation-seeking young athlete might be steered towards trying team sports, oe
- **B1** limitation: personality is only one of many factors (skill, physical ability, motivation, coaching, opportunity) affecting suitability/success, oe
- **B1** relying on it too heavily risks missing/discouraging talented performers who do not fit the 'typical' personality-sport pairing, oe
- **Answer: Trait theory may give a coach a rough early indicator of which sport or role a young performer's personality could suit, for example steering an outgoing, high-stimulation-seeking athlete towards team sports; however, personality is only one of many factors, alongside skill, physical ability, motivation and opportunity, so relying on it too heavily risks missing or discouraging talented performers who do not fit the typical personality-sport pairing.**

Question 10

- **B1** a valid criticism, e.g. answers may not reflect how the performer actually behaves under real sporting pressure, oe
- **B1** linked reasoning, e.g. a questionnaire cannot measure skill, fitness or motivation, all of which also affect success, oe
- **Answer: A questionnaire's answers may not reflect how a performer actually behaves under real sporting pressure, and it cannot measure skill, fitness or motivation, all of which also affect success, so it is an incomplete predictor on its own.**

Question 11

- **Level 3** (7-9): 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.
- **Level 2** (4-6): 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.
- **Level 1** (1-3): Basic or generic statements about personality with little or no accurate use of the introvert-extrovert continuum and little application to the named example.
- **Level 0** (0): No relevant content.
- **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 12

- **B1** any valid team/high-stimulation sport, e.g. rugby, football, basketball, oe
- **Answer: For example, rugby.**

Question 13

- **B1** any valid individual/low-stimulation sport, e.g. archery, golf, darts, oe
- **Answer: For example, archery.**

Question 14

- **B1** the statement is not a fair application, since trait theory only describes a tendency, not a fixed rule, oe
- **B1** personality is only one of several factors affecting success; her skill, fitness and other qualities are ignored entirely by this judgement, oe
- **B1** many successful team-sport performers are not strongly extrovert, so being quieter does not itself rule out success, oe
- **Answer: The statement is not a fair application of trait theory, since the theory only describes a general tendency rather than a fixed rule; her skill, fitness and other qualities are ignored entirely by the coach's judgement, and many successful team-sport performers are not strongly extrovert, so being naturally quieter does not itself rule out her succeeding in football.**

Question 15

- **B1** 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
- **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.**

Question 16

- **B1** trait theory
- **Answer: Trait theory.**

Question 17

- **B1** C
- **Answer: C**

Question 18

- **B1** any one valid factor, e.g. skill level, physical fitness, coaching quality, motivation, or opportunity/access to facilities, oe
- **B1** a second, distinct valid factor, oe
- **Answer: For example, skill level and access to good coaching.**

Question 19

- **B1** the outgoing captain's preference for high stimulation suits organising/motivating the team in a loud, high-pressure environment, oe
- **B1** the calmer specialist's preference for lower stimulation suits a role needing calm, focused precision (e.g. a fine-skill set piece), oe
- **B1** a team benefits from a range of personality types filling different roles, rather than needing every player to share the same personality type, oe
- **Answer: The outgoing captain's preference for high stimulation suits organising and motivating the team in a loud, high-pressure environment, while the calmer specialist's preference for lower stimulation suits a role needing calm, focused precision such as a penalty-corner strike; a successful team benefits from a range of personality types filling different roles, rather than needing every player to share the same type.**

Question 20

- **B1** different roles within the same sport can suit different personality types (e.g. a vocal leadership role vs a calm, precise specialist role), oe
- **B1** success also depends heavily on factors other than personality, such as skill and fitness, which either player could have regardless of their personality type, oe
- **Answer: Different roles within the same sport can suit different personality types, and success also depends heavily on other factors such as skill and fitness, which either player could have regardless of their personality type, so both a strongly extrovert and a strongly introvert player can succeed in the same sport.**