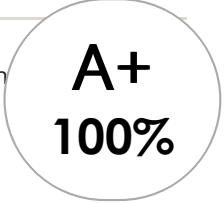


13 Multiple choice questions



A+
100%

1. the ability to link movement and awareness to the extent that the focus can be on doing, rather than doing
 - a. positive motivation
 - b. goals
 - c. **CORRECT: concentration**
 - d. motivation

2. the technique of picturing the performance or skill before executing it
 - a. arousal
 - b. stress
 - c. goals
 - d. **CORRECT: mental rehearsal**

3. the idea that performance improves with increasing arousal to a point, beyond which performance will deteriorate
 - a. stress
 - b. **CORRECT: inverted U hypothesis**
 - c. intrinsic motivation
 - d. mental rehearsal

4. an internal state that activates, directs and sustains behaviour towards achieving a particular goal
 - a. goals
 - b. **CORRECT: motivation**
 - c. anxiety
 - d. concentration

5. the non-specific response of the body to a demand placed on it
 - a. anxiety
 - b. **CORRECT: stress**
 - c. goals
 - d. arousal

6. a series of techniques that seek to control the body's response to stress
 - a. negative motivation
 - b. mental rehearsal
 - c. motivation
 - d. **CORRECT:** relaxation techniques

7. a psychological process characterised by fear or apprehension in anticipation of confronting a situation perceived to be potentially threatening
 - a. goals
 - b. arousal
 - c. stress
 - d. **CORRECT:** anxiety

8. targets that we direct our efforts towards
 - a. arousal
 - b. anxiety
 - c. **CORRECT:** goals
 - d. stress

9. when the individual's internal state is modified by sources originating from outside the person
 - a. positive motivation
 - b. intrinsic motivation
 - c. **CORRECT:** extrinsic motivation
 - d. negative motivation

10. motivation that comes from within the individual
 - a. positive motivation
 - b. **CORRECT:** intrinsic motivation
 - c. negative motivation
 - d. extrinsic motivation

11. an improvement in performance made out of fear of the consequences of not performing to expectations
 - a. intrinsic motivation
 - b. extrinsic motivation
 - c. positive motivation
 - d. **CORRECT:** negative motivation

12. a specific level of anxiety experienced prior to and during a performance
 - a. **CORRECT:** arousal
 - b. anxiety
 - c. goals
 - d. stress

13. when an individual's performance is driven by previous reinforcing behaviours
 - a. negative motivation
 - b. intrinsic motivation
 - c. extrinsic motivation
 - d. **CORRECT:** positive motivation