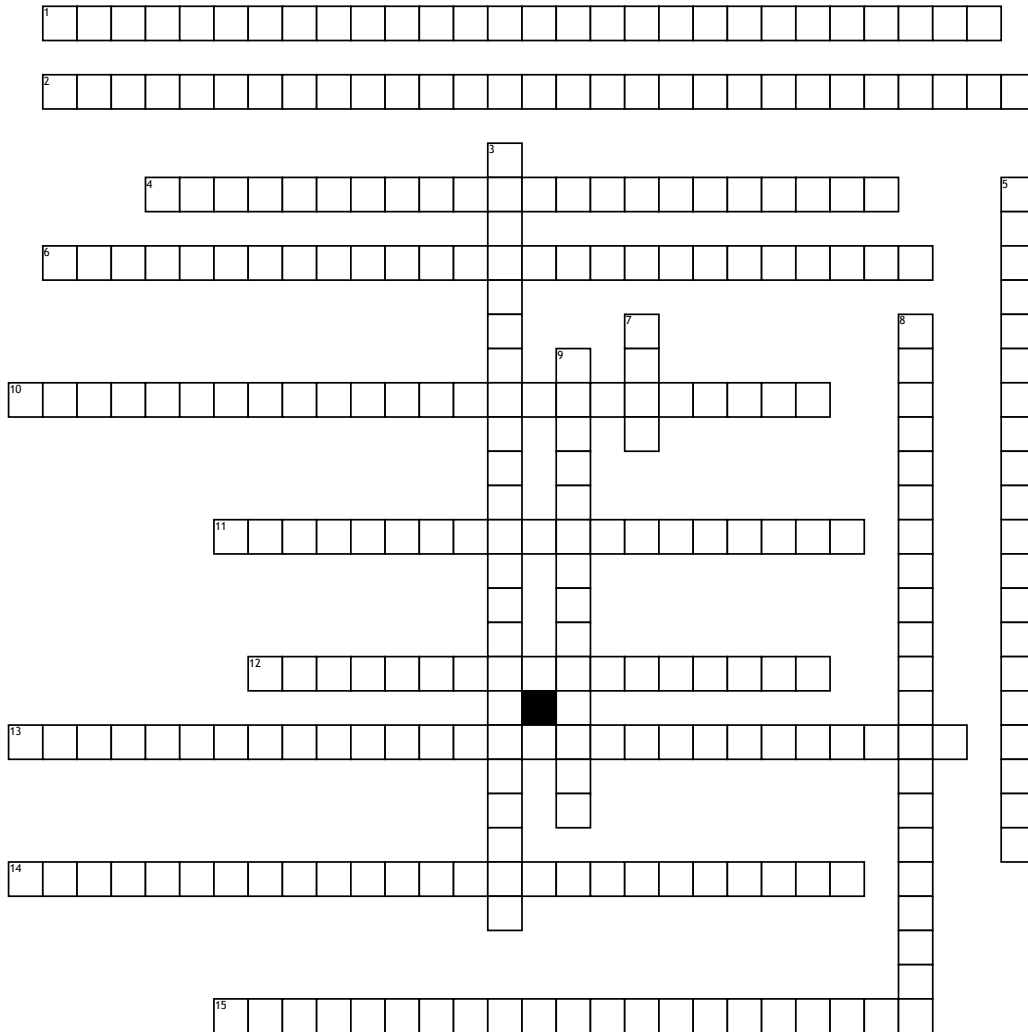


Psychological Theories (part two)



Across

- 1. After winning the latest competition, a shot putter is more trusting of their ability to perform and believes that they will succeed again in the future... however, this may change if the situation is different next time, for example, their next competition may be against a better shot putter.
- 2. A primary school teacher is leading an expedition on top of Beachy Head, with 30 children. The group are very sociable and are usually able to work independently in the classroom with little instruction. However, due to the nature of the active teacher decides that they need to have more authority and take control of the situation.
- 4. A coach is concerned about how well their team is working together. She investigates the factors affecting the team and sees that the players live far away from each other and suggests that they all go on a training camp together.
- 6. After some time out of running, due to an injury, a marathon runner is worried about their ability to maintain pace throughout the next marathon. To improve this their coach decides to shower the runner with praise and compares the runner to a similar runner who succeeded after a similar injury.
- 10. A synchronised swimming team have just been put together. They are all of similar ability, and were all confident in their roles in their previous teams. However, when coming together they tried to be polite to one another, but due to role uncertainty, they started to experience some conflict. The coach had a lot of input at the start, assigning roles and choreographing the routines, however, as time went on the coach takes a back seat and lets the team self-manage.

- 11. A football team has been advised to take on a new player, but the team are struggling to get on with this player. The player only wants to play in the same position that he played in previously, he only wants to play opponents on the same level as him and whenever the team begins to lose he comes off the pitch straight away.
- 12. During a table tennis tournament, a player has been able to sustain optimal levels of excitement/arousal/focus/anxiety. However, when this player makes it to the finals, the additional audience members and the extra pressure from the coach cause the player's performance to dramatically decline.
- 13. During a boxing match the boxer begins to lose and becomes particularly angry, however, they are able to regain focus by visualising themselves winning, they are able to channel their frustration into their performance.
- 14. The football match has been changed last minute and the players are now playing away instead of at home. Some players perceive this negatively and when it comes to the match, their arousal levels are heightened and as a result their performance decreases.
- 15. On a relay team there has been some conflict recently. Some of the players only want to go against teams of a similar ability, these players also struggle to receive constructive criticism from their coach whereas other players want to play higher levels so that they feel challenged and enjoy the process of learning.

Down

- 3. A basketball player has been lacking in motivation recently, their coach decides to change the training programme. Instead of starting with complex drills, the coach decides to add more simply passing tasks to start with, to ensure that the player feels competent before moving on. The coach also gives the player more choice over how the training sessions are run.
- 5. An under21s football academy player has always been to games with his Dad, after which they go to the pub, if the opposing team's fans are also in the pub, this often leads to a fight breaking out. Now when the player causes a foul in the game he usually becomes angry and starts fighting with the referee, causing the player to be sent off.
- 7. On a rugby team the players have very different personalities. Some players feel that they need to be 'pumped-up' before a game and have a pre-game routine that consists of chanting and performing the Haka. However, other members of the team prefer to listen to classical music and practice breathing techniques, this provides them with the best level of arousal.
- 8. There are two players on the college netball team who have different motivations for participating. One wants to improve their ability and enjoy the learning process, during training sessions they set themselves task-related targets. The other player focuses on winning and beating their other team mates.
- 9. Usain Bolt becomes very anxious before the Olympic 100m final, however, this changes into feelings of excitement and enjoyment.

Word Bank

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| Need Achievement Theory | Tuckman's Group Development | Dweck's Mindset Theory |
| Self-Determination Theory | Vealey's Multidimensional Model | The Four Stage Stress Process |
| Carron's Model of Cohesion | Catastrophe Theory | Achievement Goal Theory |
| Adapted Frustration-Aggression | Bandura's Self-Efficacy Theory | Chellidurai's Model of Leadership |
| IZOF | Reversal Theory | Social Learning Theory |