Task 1 - State and Define the two different personality types.

In_____

A personality type that

_____

_____

_____

_____

Ex_____

A personality type that

_____

_____

_____

_____

Task 2 - Outline the key preferences for the two different personality types. When referring to personality, always link to these key preferences ….

Prefers Individual Sports & training alone

Prefers Team Sports & training with others

Higher pain threshold so enjoys contact.

Lower pain threshold so prefers avoiding contact

Prefers activities with gross movements & minimal concentration

Prefers activities with fine movements & more concentration needs

Often requires higher optimum arousal levels

Often requires lower optimum arousal levels

Task 3 - Using the preferences outlined above, discuss the suitability of the following sports to personality.

Task 4 - State and define the two different types of motivation.

I_____:

This motivation is _____

_____

_____

E_____:

This motivation is _____

_____

_____

Task 5 - Both motivation types are best used in balance. Which motivation are these statements talking about?

Too much of this motivation can make performers even reliant

Most likely to lead to continued participation.

Too much of this can undermine the other.

Task 6 - State & Define both types of aggression (think physical contact? and intent to cause harm?)

I_____ Aggression:

This aggression is _____

_____

_____

D_____ Aggression:

This aggression is _____

_____

_____

Task 7 - Give examples of how aggression can be used to improve performance.

Football →

Cricket →

Tennis →

Task 8 - AQA Exam Questions **HERE**