Using your green pen review the questions that you helped devise last week. Can you make any improvements?

**Personality**

Short questions

What are the characteristics of a NAch performer (4 marks)

What are characteristics of a NAF performer (3 marks)

Explain what is meant by an approach behaviour (3 marks)

What does the formula B= f(PE) stand for (3 marks)

Outline skeptical and credulous approach (4 marks)

What are the advantages and disadvantages of questionnaires (3 marks)

Essay questions

Describe the characteristics of POMS. How does this differ between a NAF and NAch performer (14 marks)

Describe the advantages and disadvantages of the integrationist theory compared to trait theory (14 marks)

Outline three personality-testing methods and give advantages and disadvantages for each method (14 marks)

Using your green pen review the questions that you helped devise last week. Can you make any improvements?

**Arousal**

Short questions

How is arousal controlled by the body? (3 marks)

How can the body respond to anxiety (2 marks)

What factors need to be considered when attempting to determine the optimal level of arousal? (3 marks)

Describe the catastrophe theory using a sporting example (4 marks)

What is the main criticism of drive theory (2 marks)

Explain the main concept of the ‘peak flow experience’? (3 marks)

How does ZOF differ from the inverted ‘U’ Theory? (2 marks)

**Essay**

How can Attentional-narrowing support and hinder performance (14 marks)

How can a performer recover arousal levels and avoid catastrophe (14 marks)