**Student devised questions 2013 - 2014**

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

**Personality**

**3 /4 marks**

Outline the concept of the profile of mood states. (3)

Is an elite athlete more likely to display need to achieve motivation or need to avoid failure? Justify your answer. (4)

Briefly describe personality according to the trait theory. (4)

Outline the advantages and disadvantages of measuring personality through observations. (3).

State what the iceberg profile is and which mood state is needed for success. (3)

Name four strategies to develop approach behaviour (4)

Using appropriate theories, describe the interactionist approach to personality. (4 marks)

Outline ways to develop approach behaviour. (3)

**Essay**

Outline the theories of personality and evaluate the methods of measuring personality. (14)

Describe two methods to measure personality and what are the limitations of each? (14)

Describe the theories of personality and whilst describing the theories of motivation, state the characteristics of each one. (14)

Explain the concepts of the interactionist and trait theories of personality and briefly outline the positives and negatives of using questionnaires, interviews and observations for measuring personality. (14)

**Student devised questions 2013 - 2014**

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**Arousal**

**3 /4 Marks**

State three factors that can affect your zone of optimal functioning. (3)

What factors can disrupt peak flow experience? (4)

Describe the zone of optimal functioning. (3)

What factors affect a performers ZOF? (4)

Explain the Inverted U theory. (3)

State and describe two factors which affect ‘flow’ (4)

Describe the arousal continuum. (3)

Outline the characteristics of disrupted flow. (4)

**Essay**

Using appropriate psychological theories, explain how arousal affects performance and state how a performer can use somatic techniques to control arousal. (14)

Describe the theories of arousal and explain how attentional narrowing can affect peak flow experience. (14)

Explain Zone of Optimal functioning and Peak flow experience (14)

Explain the theories of arousal and explain the cue- utilisation theory. (14)