

Sport Psychology – Personality and its effect on performance

1. Watch the following video and make notes where you feel necessary

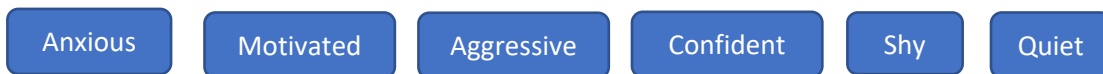
https://www.youtube.com/watch?time_continue=314&v=XJPYTSjaE-M&feature=emb_logo

2. Click on the next link and take the test which will tell you if you are an introvert or extrovert. I know the questions are a bit strange and not about sport, but it does generate a good and accurate result

<https://www.psychologies.co.uk/self/are-you-an-introvert-or-an-extrovert.html>

3. Do you agree with the summary at the end of the test?

Consider the following traits:



These are just some of the personal characteristics that might determine which type of personality someone has. Note that, you are never going to be 100% one and not the other. People will likely have traits that might make them more of an introvert/extrovert. Its better to consider these 2 types of personality as adding up to 100 = 40% introvert 60% extrovert for example

4. Research an athlete who has the opposite personality type to you and draw up a 2 column sheet with you and them at the top of each. List the traits you both have and how they are different and explain how that might effect performance e.g.

Mr Medway – Cricket	Mr Hill - golf
75% extrovert 25% introvert	50% extrovert 50% introvert
Enjoys playing in front of a crowd/audience – would thrive in the big occasion and rise to the challenge	Does not like to play in front of a crowd – might become anxious whilst playing in front a crowd which could negatively effect performance