c2

Student: _____

1. Personality is
A. Undefinable.
B. The unique ways that individuals respond to specific environmental situations.
C. All the consistent ways in which the behavior of one person differs from that of others, especially in social situations.
D. None of the above.

2. Which of the following levels of personality is the most easily influenced by the social environment?
A. Role-related behaviors.
B. Typical responses.
C. Psychological core.
D. Abnormal responses.

3. In measuring an athlete's personality, we want to get at the real person. Which level of personality is considered to be the real person?
A. Role-related behaviors.
B. Typical responses.
C. Psychological core.
D. Abnormal responses.

4. Which theory of personality was Sigmund Freud an advocate of?
A. Psychodynamic theories.
B. Trait theories.
C. Social learning theory.
D. All of the above.

5. The Psychodynamic theory of personality is based upon
A. Extensive clinical observation.
B. The "whole" person.
C. Unconscious motives.
D. All of the above.

6. A humanistic theory of personality is based upon
A. Unconscious motives.
B. Self-actualization.
C. Underlying predispositions.
D. Learning.

7. A personality trait is considered to be
A. A transient and fluctuating personality variable.
B. A stable and enduring personality disposition.
C. A sufficient and accurate estimate of the "whole" person.
D. A situation specific personality variable.

8. For the social learning theorist, personality is a function of
A. Unconscious motives.
B. Underlying dispositions.
C. Learning and the strength of the situation.
D. Role related behaviors.

9. Carl Jung's theory of personality allows for
A. A person being categorized into eight personality types as a function of attitudes and mental processes.
B. The categorization of an individual as being either an introvert or an extravert.
C. A person being categorized as being mentally stable or unstable.
D. All of the above.

10. Which of the following represents the big five personality traits?
A. Anxiety, extraversion, tough mindedness, independence, and self-control.
B. Neuroticism, intelligence, mental toughness, aggressiveness, and flexibility.
C. Extraversion, neuroticism, mental toughness, openness, and aggressiveness.
D. Neuroticism, extraversion, agreeableness, conscientiousness, and openness.

11. Which of the following represents Cattell's 16 global traits?
A. Anxiety, extraversion, tough mindedness, independence, and self-control.
B. Neuroticism, intelligence, mental toughness, aggressiveness, and flexibility.
C. Extraversion, neuroticism, perfectionism, openness, and aggressiveness.
D. Neuroticism, extraversion, agreeableness, conscientiousness, and openness.

12. Which of the following methods of measuring a person's personality is considered to be the least objective, reliable and valid?
A. Structured questionnaire.
B. The Rorschach Test.
C. The Thematic Apperception Test.
D. Casual observation.

13. Which of the following structured personality questionnaires was designed to be used with clinical populations?
A. Minnesota Multiphasic Personality Inventory.
B. Eysenck Personality Inventory.
C. Athletic Motivation Inventory.
D. Cattell 16 Personality Factor Inventory.

14. Plotted standardized personality scores produce a
A. Factor structure.
B. Psychological profile.
C. Personality profile.
D. Mood profile.

15. Which of the following is not an inventory designed to measure personality of the athlete?
A. The Athletic Motivation Inventory.
B. The Athlete Personality Inventory.
C. Winning Profile Athletic Instrument.
D. Troutwine Athletic Profile.

16. Emotional intelligence
A. Is a personality trait.
B. Is a mental ability to be learned.
C. Is either a personality trait or a mental ability to be learned depending upon the type of instrument used to measure the construct.
D. None of the above.

17. The innate force within an individual that drives a person to confront and overcome adversity.
A. Persistence.
B. Emotional intelligence
C. Mental toughness.
D. Resilience.

18. Which of the following statements is false relative to personality and the athlete?
A. The athlete is basically an extravert and is low in anxiety.
B. Individuals who possess stable extraverted personalities tend to gravitate toward the athletic experience.
C. Athletes in one sport clearly differ in personality type and profile from athletes in other sports.
D. Researchers have been very successful in discriminating between athletes of differing skill levels using personality traits.

19. The personality profiles of elite athletes in a particular sport tend to be somewhat homogeneous. How do these athletes become homogeneous relative to certain personality variables? Which theory below is most viable?
A. Gravitational hypothesis.
B. Developmental hypothesis.
C. Darwin's theory of competing responses.
D. Morgan's healthy athlete model.

20. Why is it that it is often possible to reliably discriminate between elite athletes and less skilled athletes, but it is difficult to reliably discriminate between athletes of differing skill level generally (e.g., starters versus nonstarters)?
A. Elite athletes tend to be very homogeneous relative to their personality profiles.
B. Elite athletes tend to be very heterogeneous relative to their personality profiles.
C. Athletes at the lower skill levels tend to have very similar personality profiles.
D. Elite athletes are very easy to identify because of their approach to training.

21. Which of the following statements is false relative to the personality profiles of the female athlete?
A. "Normative" females differ markedly from the successful female athlete.
B. The successful female athlete is characterized by the personality traits of assertiveness, independence and aggressiveness.
C. The female athlete tends towards submissiveness, dependence, and emotionality.
D. The personality profiles of elite men and women athletes are similar.

22. Which statement is true relative to the relationship between a player's position on a team and his/her personality profile?
A. There is no relationship at all between the two.
B. Evidence suggests that a relationship exists between personality and playing position, but the predictive power of the relationship is sometimes weak.
C. Player position can reliably be determined and predicted based upon an athletes' personality profile.
D. In the case of setting in volleyball, a clear relationship exists but not in other sports.

23. Which of the following personality inventories measure the "big five personality traits?"
A. NEO Personality Inventory-R.
B. NEO-Five Factor Personality Inventory.
C. Cattell's 16-Factor Personality Inventory.
D. a and b above.

c2 Key

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Cox - Chapter 02 #1

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Cox - Chapter 02 #2

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Cox - Chapter 02 #3

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Cox - Chapter 02 #4

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Cox - Chapter 02 #10

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Cox - Chapter 02 #11

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Cox - Chapter 02 #12

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Cox - Chapter 02 #13

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Cox - Chapter 02 #14

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Cox - Chapter 02 #15

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Cox - Chapter 02 #16

17. The innate force within an individual that drives a person to confront and overcome adversity.
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Cox - Chapter 02 #17

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Cox - Chapter 02 #18

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Cox - Chapter 02 #19

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Cox - Chapter 02 #20

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Cox - Chapter 02 #21

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Cox - Chapter 02 #22

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c2 Summary

Category	# of Questions
Cox - Chapter 02	23