

Physical Education Studies Year 12 General

CHAPTER 6: Sports Psychology

NEXT

Welcome to the quiz for Chapter 6

- You will be given 5 multiple choice questions
- Click on the correct answer
- Use the links to navigate through the quiz
- To finish the test you must answer all the questions correctly

ARE YOU READY?

Question 1

Which of the following is NOT a type of personal goal?

- A. Competition goal
- B. Outcome goal
- C. Performance goal
- D. Process goal



TRY AGAIN...

[BACK TO QUESTION](#)



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 2

What type of goal is: 'Focus on the spiker and not the ball when blocking'?

- A. Competition goal
- B. Outcome goal
- C. Performance goal
- D. Process goal



TRY AGAIN...

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**THAT'S
CORRECT!**

NEXT QUESTION 

Question 3

What type of goal is: 'Win eight of the 12 matches prior to the finals and finish in the top four?'

- A. Competition goal
- B. Outcome goal
- C. Performance goal
- D. Process goal



TRY AGAIN...

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**THAT'S
CORRECT!**

NEXT QUESTION 

Question 4

What does the 'R' in SMARTER goals stand for?

- A. Repeatable
- B. Recent
- C. Realistic
- D. Reproducible



TRY AGAIN...

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**THAT'S
CORRECT!**

NEXT QUESTION 

Question 5

Short-term goals are particularly important for which of the following?

- A. Professionals
- B. Experienced performers
- C. Senior players
- D. Beginners

TRY AGAIN...

BACK TO QUESTION



THAT'S CORRECT!



NEXT



CONGRATULATIONS!
YOU HAVE COMPLETED
THE CHAPTER 6 QUIZ