

Subject: Sports Psychology**I. Match the words with their synonyms.**

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| a. assess | 1. varied |
| b. mental | 2. psychological |
| c. diverse | 3. toughness |
| d. resilience | 4. worry |
| e. anxiety | 5. evaluate |

Answer Key: a. 5; b. 2; c. 1; d. 3; e. 4

II. True or False?

- Iga Świątek started working with Daria Abramowicz when she was 17.
- Norman Triplett is one of the pioneers of sports psychology.
- Ronnie O'Sullivan is known for avoiding the help of sports psychologists.
- Naomi Osaka withdrew from the 2021 French Open due to a knee injury.
- The philosophy of marginal gains focuses on fundamental changes and big improvements.

Answer Key: a. true; b. true; c. false; d. false; e. false

III. Fill in the gaps with the correct words.*origins • awareness • reluctant • boundaries • critical*

- Sports psychology plays a ____ role in enhancing athletes' performance.
- The ____ of sports psychology can be traced back to the end of the 19th Century.
- Sports psychology organisations constantly push ____ in the psychological training of athletes.
- Ronnie O'Sullivan was ____ to cooperate with a psychologist.
- Iga Świątek donated money to charity responsible for spreading ____ about mental health.

Answer Key: a. critical; b. origins; c. boundaries; d. reluctant; e. awareness

IV. Find and correct one mistakenly used word in each sentence.

- a. Abramowicz stresses the importance of cognitive training and stressful management.
- b. O'Sullivan was reluctance to engage at first.
- c. The narrative has changed as more and more younger athletes have chosen to openly share they're mental health struggles with fans.
- d. Biofeedback techniques are used to train athletes in controlling body functions such as heart race.
- e. Coleman Griffith become widely regarded as the father of sports psychology.

Answer Key: a. stressful – stress; b. reluctance – reluctancy; c. they're – their; d. race – rate; e. become – became

V. Match the words and phrases with their definitions.

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|-----------------------|---|
| a. to underperform | 1. a supply of money or materials |
| b. to intersect | 2. to fail to meet expectations |
| c. resource | 3. to encounter hardships |
| d. to face challenges | 4. a situation in which something gets better |
| e. improvement | 5. to come together and affect each other |

Answer Key: a. 2; b. 5; c. 1; d. 3; e. 4

VI. Choose the odd word/phrase out in each group.

- a. psychological, mental, cognitive, experienced
- b. defeat, top level performance, criticism, struggle
- c. athlete, sports, shed light on, performance
- d. donate, resources, money, champion
- e. success, anxiety, worry, nervousness

Answer Key: a. experienced; b. top level performance; c. shed light on; d. champion; e. success