
Sports Psychology Multiple-Choice Questions with Answers. Each question has four options: A, B, C, and D. The correct answers are provided at the end.

Question 1: What term describes the psychological state where an athlete is fully immersed in their activity, feeling energized and focused?

- A) Flow
- B) Eustress
- C) Arousal
- D) Burnout

Question 2: The theory that suggests individuals are motivated by the pursuit of competence and self-determination is called:

- A) Self-Efficacy Theory
- B) Achievement Motivation Theory
- C) Self-Determination Theory
- D) Goal Setting Theory

Question 3: Which psychological skill involves mentally rehearsing a performance to enhance execution?

- A) Goal Setting
- B) Visualization
- C) Positive Self-Talk
- D) Self-Confidence

Question 4: Performance anxiety is often referred to as:

- A) Eustress
- B) Motivation

Multiple Choice Questions On Sport Psychology

A Loxley



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