

ASSIGNMENT 2

1. Using the notes from your set task 1, write a short essay (up to 500 words) on how successful athletes stay motivated.
2. Top sportsmen and women may experience different stressors to the amateur sportsman/woman, write around 400 words on the different stresses the two types of sportsperson may experience.
3. How can learned helplessness affect a sportsperson's performance?
4. Using your notes from set task 1 –
 - a. Describe the two personalities you have chosen.
 - b. Reread the sections on sporting personalities and trait theory in this lesson, do the two personalities you have chosen fit the personality type you would expect from a top athlete? Explain your answer.