

Chapter 14 Homework: Psychological Measurements in Sport and Exercise

1. What is the difference between trait and state measures of psychological factors?
2. Contrast general and sport-specific measures of psychological factors.
3. What are the five stages of the Stages of Change model?
4. What two words describe the different natures of quantitative and qualitative research?
5. Who is best qualified to administer and use psychological tests in human performance?
6. Go to the library and look at the sport psychology literature. Review the types of instruments that are used.
7. What advantages do quantitative measurement procedures have over qualitative measurement procedures in the affective domain?
8. In the affective domain, what is meant by multidimensionality?
9. Generally, how will reliability and validity coefficients in the affective domain compare to such coefficients from the cognitive and/or psychomotor domains?