

Quiz Grade: 50.0% (B)

Quiz Submission

Imagery Research, Techniques and How it Relates to Performance

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Course Information

Course Title: Imagery Research, Techniques and How it Relates to Performance
Course Code: LCIRE 447
Credit Hours: 3

Quiz Questions, Student Answers, and Correct Answers

Question 1 of 10

Multiple Choice Question

What is the primary purpose of imagery in performance enhancement?

Available Options:

(A) To memorize routines ← **STUDENT SELECTED**

(B) To visualize success ← **CORRECT ANSWER**

(C) To reduce physical fatigue

(D) To increase social interactions

Student's Answer: Option A: To memorize routines

Correct Answer: Option B: To visualize success

Question 2 of 10

Multiple Choice Question

Which type of imagery focuses on seeing oneself succeed in a specific performance situation?

Available Options:

(A) Cognitive imagery ← **STUDENT SELECTED**

(B) Motivational imagery ← **CORRECT ANSWER**

(C) Physical imagery

(D) Environmental imagery

Student's Answer: Option A: Cognitive imagery

Correct Answer: Option B: Motivational imagery

Question 3 of 10

Multiple Choice Question

When is the most beneficial time to use imagery techniques according to research?

Available Options:

(A) Before training sessions only ← **STUDENT SELECTED**

(B) During competitions only

(C) After achieving a new skill

(D) Throughout the training process ← CORRECT ANSWER

Student's Answer: Option A: Before training sessions only

Correct Answer: Option D: Throughout the training process

Question 4 of 10

Multiple Choice Question

How does imagery practice relate to actual physical performance?

Available Options:

(A) It has no significant relation

(B) It enhances motor skill retention ← CORRECT ANSWER

(C) It is only effective for elite athletes

(D) It can be a substitute for physical practice ← **STUDENT SELECTED**

Student's Answer: Option D: It can be a substitute for physical practice

Correct Answer: Option B: It enhances motor skill retention

Question 5 of 10

Multiple Choice Question

In the context of mental training, what is mental rehearsal?

Available Options:

(A) Watching others perform

(B) Practicing skills mentally without physical actions ← STUDENT SELECTED ← CORRECT ANSWER

(C) Engaging in group discussions

(D) Physical practice followed by rest

Student's Answer: Option B: Practicing skills mentally without physical actions

Correct Answer: Option B: Practicing skills mentally without physical actions

Question 6 of 10

Multiple Choice Question

What type of imagery involves the use of the physical senses to enhance performance?

Available Options:

(A) Kinesthetic imagery ← STUDENT SELECTED ← CORRECT ANSWER

(B) Visual imagery

(C) Auditory imagery

(D) Strategic imagery

Student's Answer: Option A: Kinesthetic imagery

Correct Answer: Option A: Kinesthetic imagery

Question 7 of 10

Multiple Choice Question

Which factor is most critical in determining the effectiveness of imagery for an athlete?

Available Options:

(A) Athlete's experience

(B) Imagery vividness and controllability ← STUDENT SELECTED ← CORRECT ANSWER

(C) Type of sport

(D) Duration of imagery practice

Student's Answer: Option B: Imagery vividness and controllability

Correct Answer: Option B: Imagery vividness and controllability

Question 8 of 10

Text Answer Question

Describe how you would implement imagery techniques for an athlete preparing for a competition.

Student's Answer:

Get the athlete to lay down in a quite space and get the athlete to imagine himself or herself performing e.g running his event in the best way from technique and tactics in term of race distribution of effort and maintenance of technique through out the race and give the time (performance achieved)

Correct Answer:

I would guide the athlete to visualize a successful performance in detail, including their emotions, actions, and surroundings. I'd encourage them to practice this imagery regularly, combining it with relaxation techniques to enhance focus and calmness before the competition.

Question 9 of 10

Text Answer Question

What are some common barriers athletes face when using imagery techniques, and how can they overcome them?

Student's Answer:

Not being focus - will have to train them to be able to control themselves in order to connect and zero out on what's happening around them so that they can focus. not being relaxed does affect athletes , one has to equip them with relaxation techniques like controlled deep breathing

Correct Answer:

Common barriers include lack of experience with imagery, difficulty in visualization, and distractions. Athletes can overcome these by practicing imagery regularly, starting with short sessions, and creating a focused environment free from interruptions while using relaxation strategies.

Question 10 of 10

Text Answer Question

Discuss the role of specific imagery techniques in performance anxiety management.

Student's Answer:

It helps to relax the athlete and make them to fill in control and ready to perform with the belief that they can and they are good and ready

Correct Answer:

Imagery techniques can reduce performance anxiety by helping athletes visualize success, reinforcing a positive mindset and confidence. Techniques such as calming imagery or rehearsing responses to anxiety-inducing situations can also prepare athletes to manage stress effectively during competitions.

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