**Personality is often used a predictor of sports performance**

**Explain using appropriate psychological theories the possible reasons for our personality and how the profile of mood states is used to predict personality in sport.**

1. Definition- sum total of an individuals characteristics that make them unique.
2. **Trait theory**
3. Born with established characteristics/ Stable/innate/genetics/inherited
4. Used to predict behaviour – act the same in all situations (Introverts/ Extroverts)
5. B=F
6. **Social Learning Theory**
7. Behaviour changes with situation
8. Observe- identify- reinforce- copy
9. Significant other
10. **Interactionalist theory**
11. Combination trait and social
12. Behaviour based on inherent traits adopt to a situation B=f (PE)
13. Hollander model
14. Psychological core
15. Typical response
16. Role related behaviour

Testing

1. Elite/ successful performers- iceberg profile
2. Higher in vigour
3. Low in tension, depression, fatigue, confusion, (Anger)
4. Unsuccessful performers flat line
5. Change in profile- overtraining
6. Caution as success could lead to feeling good and therefore high in vigour