

الإجابة النموذجية

First Semester Exam in English for First-Year Master's Level

Task :01 : Suggest a simple sentence that includes both terms ?

(Muscle – athletes)student s

suggest.....

(Ligament - bones)

.....same.....

(Fatigue -

performance)...same.....

(Injury - warm-up)...same.....

(Energy –

Food).....same.....

Task :02 Put the following terms in their appropriate places? three of them are not concerned ?

Self-Confidence - Resilience - Teamwork - Communication - Speed

Self -confidence. an athlete's belief in their ability to successfully perform a desired skill or task.

-Resilience .the psychological ability to adapt, recover, and bounce back from setbacks, failures, and adversity.

Teamwork....the collaborative and coordinated efforts of members of a team to achieve a common goal, often involving effective communication and mutual support.

-Communication..the process of exchanging information, ideas, and feelings between individuals or groups through verbal and non-verbal methods. It is the lifeblood of effective teamwork.

-.Speed.the athlete's ability to perform a movement in the shortest possible time. It is achieving movement with great speed and short duration.

Task :03 State whether the following statements are True or False

-Intrinsic motivation is mainly driven by external rewards such as trophies, money)cial recognitionand soF.....)

- According to sports psychology, optimal performance always occurs athlete's arousal level is at its maximum when an(.....T.....)

- Somatic anxiety refers to mental concerns such as fear of failure and negative(.....F.....)

Fundamental endurance is trained at an intensity below 80% of - maximum aerobic speed and mainly uses fat as an energy source (.....T.....)

Aerobic power training sessions are usually long and performed at low - .elow 70% of maximum aerobic speedintensity b(.....F.....)

Isometric strength involves producing muscular force without any visible - .movement of the joints(.....T.....)

Sport communication includes spoken words, body language, feedback, - interaction and team(.....T.....)

verbal communication is less important than verbal communication -Non- .in sport training(.....F.....)

Positive feedback helps motivate athletes and increase their confidence- (.....T.....)

nd stress can negatively affect effective communication during Noise a- training sessions(.....T.....)