

## Homework Assignments

Week 6: The Role of Mindset in Sports Success
---

1. According to Tom House of the National Pitching Association, 'Baseball is a game of \_\_\_\_\_ taught by \_\_\_\_\_ people in a \_\_\_\_\_ environment.'
  - a. Success / Positive / Information
  - b. Failure / Positive / Misinformation
  - c. Success / Negative / Misinformation
  - d. Failure / Negative / Misinformation
2. The 2 types of mindset in sports are :
  - a. Fast / Slow
  - b. Big / Small
  - c. Fixed / Moving
  - d. Fixed / Growth
3. According to Jackie Joyner-Kersey, 6-time Olympic medal winner and voted "Greatest Female Athlete of the 20<sup>th</sup> Century", she derived as much pleasure from the \_\_\_\_\_ as the \_\_\_\_\_, and that is because she had a \_\_\_\_\_ mindset.
  - a. Results / Process / Fixed
  - b. Process / Results / Fixed
  - c. Process / Results / Growth
  - d. Results / Process / Growth
4. One of the reasons why most baseball players, especially pitchers, do not succeed is because they have a fear of:
  - a. Injury
  - b. Failure
  - c. Success
  - d. Practice