Individual differences

International Baccalaureate · IB Diploma · Sports, Exercise and Health Science · HL · Vocabulary in context

Word	Example
personality /ˌpɜːsəˈnælɪti/	Your **personality** is the way you usually think, feel and act.
trait theory	**Trait theory** says people have fixed ways of behaving.
extrovert	An **extrovert** is outgoing and enjoys loud, busy team games.
introvert	An **introvert** is quiet and may enjoy calm sports such as archery.
big Five /bɪg faɪv/	The **big Five** describes personality with five traits.
conscientiousness /ˌkɒnsɪˈenʃəsnəs/	A person high in **conscientiousness** is careful and well organised.
neuroticism /njuːˈrɒtɪsɪzəm/	A person high in **neuroticism** often feels worried or upset.
social learning theory /ˈsəʊʃl ˈlɜːnɪŋ ˈθɪəri/	**Social learning theory** says we learn by watching others.
interactionist approach	The **interactionist approach** says behaviour depends on both the person and the situation.
iceberg profile	The **iceberg profile** shows top athletes with high energy and low bad moods.
mental toughness	**Mental toughness** helps an athlete stay strong under pressure.

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Word	Example
perfectionism	**Perfectionism** means setting very high standards for yourself.
relative age effect	In the **relative age effect**, children born early in the year are picked more often for teams.
maturation	**Maturation** is how the body grows and develops.
developmental model of sport participation	The **developmental model of sport participation** says children should try many sports first.
early specialisation	**Early specialisation** means training in one sport from a young age.

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