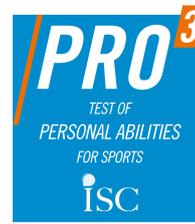


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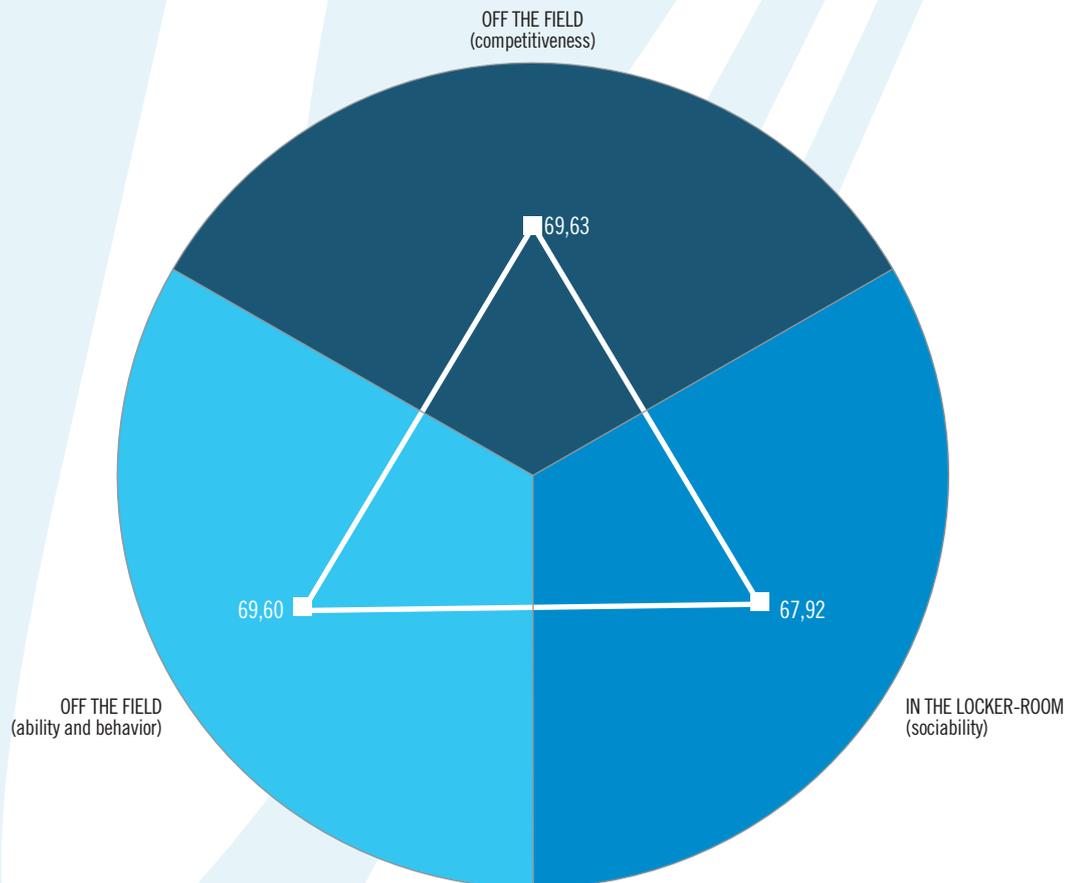
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## PERSONALITY STRUCTURE OF THE ATHLETE

This graphic sorts the factors in three areas of analysis that allow to identify the personal aptitudes of an athlete: On the field (competitiveness), in the locker-room (sociability) and off the field (capacity and behavior). From the combination of these three areas we obtain, in the form of a triangle, the personal profile of the athlete, in other words, his potential scheme.

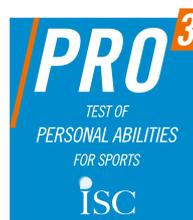
Personality structure of the athlete:



A = Grades between 0 and 35  
B = Grades between 35 and 70  
C = Grades between 70 and 100



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## GENERAL ANALYSIS OF THE ATHLETE'S PERSONALITY

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The equality of the sides of the triangle indicates that their attitudes and behavior remain stable regardless of the environment in which they are in.

In the action-reaction process, environment has no significant importance. The athlete moves according to impulse, strategy and internal conviction.

In the presence of an unexpected stimulus or a new situation, the athletes react with the same pattern of behavior, maintaining constant natural action mode.

### ON THE FIELD: B

He has a good knowledge and understanding of the dynamics of the game. He is able to read every moment to know what has to be done and in order to make the right decisions. He takes responsibilities and adapts himself in every way to suit what is needed. He has trust in his abilities and transmits energy and determination to his teammates, with whom he maintains a good relationship even in the stress of the competition. He is able to manage the pressure and can recognize when he is needed most, regardless of personal and immediate gratification. It is important to strengthen his capacity so as to generate alternative solutions and highlight the importance of his role in the team..

### IN THE LOCKER-ROOM: B

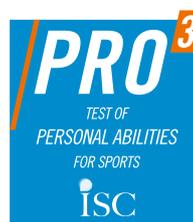
He has good social skills and enjoys being with people as much as being alone, but prefers small groups. He learns quickly and he is able to apply the teachings with ease. He trusts and respects his trainer, and he also recognizes other people's strengths, but he does not look for nor need a leadership role in the group. He is a nice person and being part of a team motivates him, especially if there is an objective to work towards within the organization. He feels responsible for his actions and is able to work hard for his team mates; he knows that cooperation is a fundamental part of a team life. He is well-behaved and enjoys it when the group achieves its goals and knowing that his involvement has been important. It is important to work on his self-esteem, which often fluctuates with success as opposed to the input of effort.

### OFF THE FIELD: C

He is able to understand that he cannot control everything that happens in life, in spite of his reactions and responses to external stimuli. He has good strategies and skills in the face of adversity. He is realistic and rational, and he analyzes and evaluates situations before making a decision. He is able to assess the risks and possible consequences of an action and can then act accordingly. He usually acts in terms of rules and regulations, and what he knows and understands... He is generally calm and confident, he is able to recognize a mistake and does not mind asking for forgiveness and rectifying it, without losing any confidence. Therefore, it is important to encourage him to take initiative; although he is able to finish a task, it can take time for him to know where to begin.

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## DIFFERENTIAL ANALYSIS OF THE ATHLETE'S PERSONALITY

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### COMBINED SCORES WITH HIGHER VALUES:

(Self-control / Orientation Objectives / Self-Discipline)

He has three major capacities of achieving what he wants. He has the ability to have a break and reflect on difficult situations coupled with a great control of his feelings and a desire to achieve high results. This allows him to manage his time and make good decisions, which makes him a good example for others around him to follow and people would look to him when it is time to make an important decision or change the pace to overcome a problem.

### COMBINED SCORES WITH LOWER VALUES:

(Intuition / Extraversion / Introversion / Assumption of Risk)

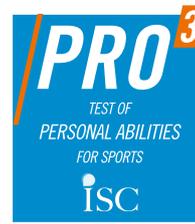
He prefers to think before acting and, coupled with his need for solitude and quiet time, people around him can think that he is slow to make decisions. However, he likes taking risks and taking initiatives for the group in the face of a difficult situation.

### FACTORS DISPERSION:

The difference of all values on a scale of time can make people around feel discouraged. But he has the strength to go step by step and understand when he needs to run or when he needs to wait. His goal is very clear and he knows how to obtain it. The people around him must be respectful and trust him. If they do so, he will evolve in harmony and overcome challenges, however difficult they may be.

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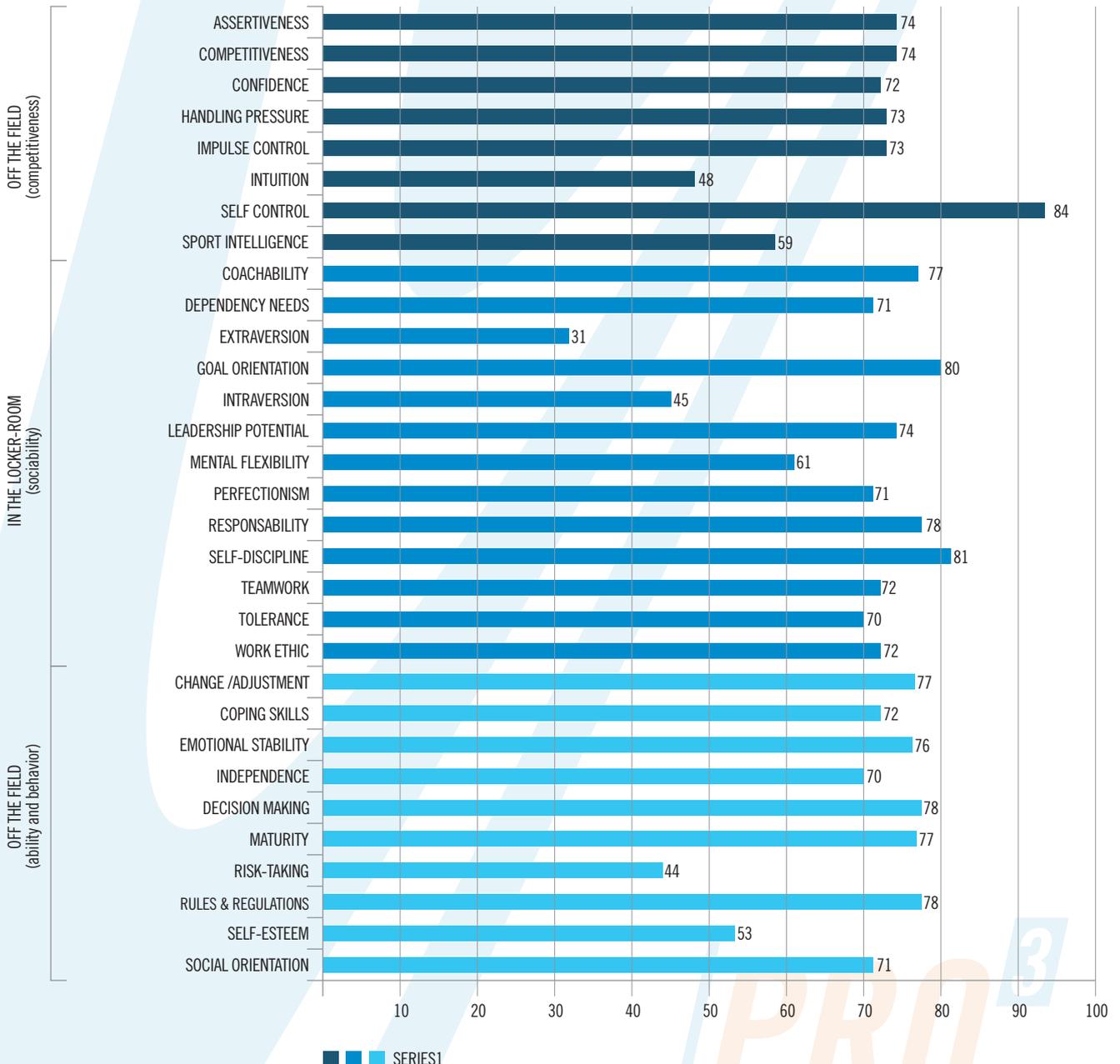
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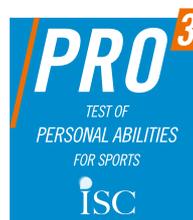
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### NUMERICAL RESULTS ON THE PERSONALITY FACTORS

The scores attributed to each factor of the athlete personality that affects his performance are shown in this graph. They are obtained from the responses they have taken in completing the PRO 3 questionnaire. The scores are obtained from the average score of the database of PRO 3 which recorded the responses of more than 14,000 elite athletes. The scored indicates the place in percentage occupied by the athlete compared to all of the athletes who have taken the test.



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## ANALYSIS OF THE RESULTS ON THE PERSONALITY FACTORS

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### 1. ASSERTIVENESS - 74

**61-90** He easily expresses his feelings, thoughts, and desires. Generally willing to defend himself both in sport and out of sport. Aggressively tries to get his needs met.

### 2. COMPETITIVENESS - 74

**61-90** Determined, doesn't give up easily; persevering, even in the face of great difficulty; patient and unrelenting in work habits.

### 3. CONFIDENCE - 72

**61-90** Confident, self-assured, presents self with conviction, believes in his ability to get it done; projects high sense of own personal worth.

### 4. HANDLING PRESSURE - 73

**61-90** Likes being in the spotlight, Stays calm under pressure, likes to take positions of authority and leadership; deals effectively with stress.

### 5. IMPULSE CONTROL - 73

**61-90** He has the ability to delay immediate gratification. Takes pride in his ability to control his emotions and behavior both in sport and out of sport.

### 6. INTUITION - 48

**40-50** Has decent instincts but prefers to rely on conscious reasoning over unconscious cues.

### 7. SELF CONTROL - 84

**61-90** Pauses for thought before acting; tries to control emotions, behavior and temper. Takes pride in his self control and can resist reacting to situations both in and out of sport.

### 8. SPORT INTELLIGENCE - 59

**51-60** Good knowledge and understanding of the game. Does not need coaching in order to make the right decision during key times during the game.

### 9. COACHABILITY - 77

**61-90** Learns quickly, tries hard to get along with teammates and coaches, asks questions; great work ethic; wants to get better. Takes pride in his ability to learn.

### 10. DEPENDENCY NEEDS - 71

**61-90** Does not look to others for guidance or support; is able to maintain and excel both on sport and off sport without direct aid and supervision.

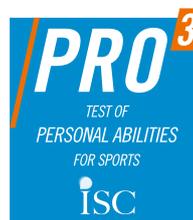
### 11. EXTRAVERSION - 31

**0-39** He tends to be reserved, and quiet. Likes solitude and solitary activities. He is more likely to spend time with only a few close friends and teammates. Too much team around coaches and teammates can be emotionally draining for him.

### 12. GOAL ORIENTATION - 80

**61-90** Aspires to accomplish difficult tasks; maintains high standards. Sets high standards and is willing to work diligently towards personal and team goals.

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## ANALYSIS OF THE RESULTS ON THE PERSONALITY FACTORS

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### 13. INTRAVERSION - 45

**40-50** He has good social skills and enjoys time with others but also time alone. He likes, but does not need attention from his teammates or a coach.

### 14. LEADERSHIP POTENTIAL - 74

**61-90** Self-confident, efficient, energetic, and has the ability to get others to follow him, but does not need to be in a leadership position.

### 15. MENTAL FLEXIBILITY - 61

**61-90** He deals well with more complex concepts and ideas. Learns quickly and effectively and can transfer his thoughts into behaviors both in sport and out of sport.

### 16. PERFECTIONISM - 71

**61-90** Both in sport and out of sport he is consistently striving for flawlessness and setting excessively high performance standards.

### 17. RESPONSIBILITY - 78

**61-90** Responsible, reliable, ethically grounded, and very serious about his duties and obligations both in sport and out of sport. Sees himself as being dependable and consistently seeks out positions that require a lot of responsibility.

### 18. SELF-DISCIPLINE - 81

**61-90** He has the ability to motivate himself regardless of how he is feeling at any specific time. He will demonstrate willpower, hard work, and persistence.

### 19. TEAMWORK - 72

**61-90** Routinely sacrifices individual needs for the good of the team. Goal oriented and holds teammates accountable for their actions as well as his own. Team is always first.

### 20. TOLERANCE - 70

**61-90** He tends to be fair minded, reasonable, clear-thinking, objective in respecting the rights and beliefs of others, even if different than his own. Has the ability understand and is accepting of his teammates' strengths and weaknesses. An advocate of teammates' needs.

### 21. WORK ETHIC - 72

**61-90** Maintains high standards of work and aspires to reach challenging goals; persistent and unrelenting in work habits; Takes pride in "outworking" others.

### 22. CHANGE /ADJUSTMENT - 77

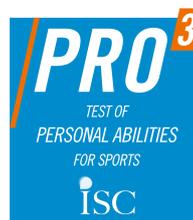
**61-90** He is flexible, desires change and variety. Should be able to adjust to coaching and deals well with the flow of the game. He can easily adjust in most situations.

### 23. COPING SKILLS - 72

**61-90** Has developed strategies and the ability to deal with setbacks, defeats, and stress both during sport and away from sport. Takes pride in his ability to solve problems and deal with adversity.

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## ANALYSIS OF THE RESULTS ON THE PERSONALITY FACTORS

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### 24. EMOTIONAL STABILITY - 76

**61-90** Not easily provoked; avoids confrontations and conflicts; not easily distracted; is unlikely to react out of emotions; not concerned with "getting even"; is forgiving of others' mistakes.

### 25. INDEPENDENCE - 70

**61-90** He consistently prefers to act on his own thoughts and feelings than take in the views of others. He tends to be self-sufficient and resourceful. Can take coaching, but also trusts his own abilities during sport competition.

### 26. DECISION MAKING - 78

**61-90** Pauses for thought before acting, tries to control emotions and temper. Has developed the ability to evaluate, process information, and choose appropriate behaviors.

### 27. MATURITY - 77

**61-90** He usually responds well to all circumstances and situations both in and out of sport. He has the ability to make good decisions in an appropriate manner regardless of his age.

### 28. RISK-TAKING - 44

**40-50** Appropriate decision making and understands risk versus reward behaviors both in sport and out of sport.

### 29. RULES & REGULATIONS - 78

**0-39** Responsible, takes his duties seriously, and is dependable. Follows rules and is unlikely to get into trouble both in sport and out of sport.

### 30. SELF-ESTEEM - 53

**51-60** Does feel secure enough to admit when he is wrong and adopt team principles.

### 31. SOCIAL ORIENTATION - 71

**61-90** Very sociable and likes to be with people both in sport and out of sport. Outgoing and likes being the center of attention. Can be gregarious and responds well to people.