<table>
<thead>
<tr>
<th>Kurskod</th>
<th>Provkod</th>
<th>Tentamensdatum</th>
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<tbody>
<tr>
<td>IV058G</td>
<td>2000</td>
<td>2018-11-09</td>
</tr>
</tbody>
</table>

**Kursnamn**
Idrottsvetenskap GR (A), Vetenskap och praktisk tillämpni...

**Provnamn**
Moment 2

**Ort**
Östersund

**Termin**
H18

**Ämne**
Idrottsvetenskap
EXAM

HT 2018

Sport Science GR (A)
SCIENCE AND PRACTICE IN TEAM SPORTS (IV058G)

Date: 2018-11-09
Time: 5 hours

Maximum points: 35
A – Distinguished (≥ 90%)  ≥ 31.5 p
B – Very good (≥ 80%)      ≥ 28 p
C – Good (≥ 70 %)          ≥ 24.5 p
D – Satisfied (≥ 65%)      ≥ 23 p
E – Sufficient (≥ 60%)     ≥ 21 p
Fx/F – Insufficient (< 60%) < 21 p

Result: ___________points = A B C D E Fx/F

Instructions for the student:
Answer each question on a separate sheet.
Enter your code number on each sheet.
Keep calm and read the questions carefully.
Please note that your answers should be written in English

Course coordinator: Marko Laaksonen, 073-280 3120, marko.laaksonen@miun.se

Good Luck!
Please answer in English

1) What would be the ideal way of introducing a new player to the team? (3)

2) Describe Johari’s window and how it can be used in team sports (5)

3) Which are the four cooperation levels in team sports? Give an example of each, and explain how a team can make use of the cooperation levels (5)

4) In goalsetting there are three types of goals. Give the names, what they mean, and one example of each type from a team sport (5)

5) For each statement indicate True or False (2)
   a) Participant-set goals produce double the effect of assigned goals
   b) Team goalsetting is superior to individual goalsetting
   c) Goals that are not made public are superior to goals that are announced officially
   d) Easy goals do not have any effect in a sport setting

6) Which are the two components of team cohesion? Explain how they relate to each other, and give four examples on how team cohesion can be enhanced (5)

7) Games can be classified into the following categories: invasion, fielding/runscoring, net/wall, and target games. Describe what these categories mean, and give example of two sports within each category (4)

8) Strategy and tactics encompass a vast number of potential decisions and actions regarding offense or defense. Principles underlying strategy and tactics may guide a coach when preparing the team for a match. Explain the content of the following principles (3):
   a) The deception principle
   b) The cohesion principle
   c) The economy principle
9) In the observational grid below (football game), the scores of one player are given. How would you, as a coach, analyse the data, and what would you communicate to the player? (3)

<table>
<thead>
<tr>
<th>Elements assessed</th>
<th>Criteria</th>
<th>Match against Team X</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1st half</td>
</tr>
<tr>
<td>Availability during play</td>
<td>Received balls (RB)</td>
<td>23</td>
</tr>
<tr>
<td>Defensive capacities</td>
<td>Conquered balls (CB)</td>
<td>7</td>
</tr>
<tr>
<td>Offensive capacities</td>
<td>Passes to the partner (PP)</td>
<td>19</td>
</tr>
<tr>
<td></td>
<td>Shots (S)</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Goals</td>
<td>0</td>
</tr>
<tr>
<td>Adaptation to the play</td>
<td>Lost balls (LB)</td>
<td>4</td>
</tr>
<tr>
<td>Volume of play</td>
<td>Total number of played balls (PB)</td>
<td>30</td>
</tr>
</tbody>
</table>