



Försättsblad Prov Original

Kurskod	Provkod	Tentamensdatum
I V 0 5 8 G	2 0 0 0	2 0 1 8 - 1 1 - 0 9
Kursnamn	Idrottsvetenskap GR (A), Vetenskap och praktisk tillämpni...	
Provnamn	Moment 2	
Ort	Östersund	
Termin	H18	
Ämne	Idrottsvetenskap	



Mittuniversitetet

MID SWEDEN UNIVERSITY

Department of Health Sciences

Code number: _____

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 ($\geq 90\%$) ≥ 31.5 p

B – Very good ($\geq 80\%$) ≥ 28 p

C – Good ($\geq 70\%$) ≥ 24.5 p

D – Satisfied ($\geq 65\%$) ≥ 23 p

E – Sufficient ($\geq 60\%$) ≥ 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

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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)

Elements assessed	Criteria	Match against Team X		
		1st half	2nd half	Total
Availability during play	Received balls (RB)	23	14	37
Defensive capacities	Conquered balls (CB)	7	6	13
Offensive capacities	Passes to the partner (PP)	19	9	28
	Shots (S)	6	1	7
	Goals	0	1	1
Adaptation to the play	Lost balls (LB)	4	8	12
Volume of play	Total number of played balls (PB)=(RB)+CB)	30	20	50