



## Försättsblad Prov Original

Kurskod	Provkod	Tentamensdatum
I V 0 5 8 G	2 0 0 0	2 0 1 8 - 1 2 - 0 7
Kursnamn	Idrottsvetenskap GR (A), Vetenskap och praktisk tillämpni...	
Provnamn	Moment 2	
Ort	Östersund	
Termin		
Ämne		



**Mittuniversitetet**

MID SWEDEN UNIVERSITY

Department of Health Sciences

Code number: \_\_\_\_\_

**EXAM 2**

HT 2018

Sport Science GR (A)

**SCIENCE AND PRACTICE IN TEAM SPORTS (IV058G)**

**Date:** 2018-12-07

**Time:** 5 hours

**Maximum points:** 35

A – Distinguished ( $\geq 90\%$ )  $\geq 31.5$  p

B – Very good ( $\geq 80\%$ )  $\geq 28$  p

C – Good ( $\geq 70\%$ )  $\geq 24.5$  p

D – Satisfied ( $\geq 65\%$ )  $\geq 23$  p

E – Sufficient ( $\geq 60\%$ )  $\geq 21$  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 is the definition of norms and rules? Give a sport related example of each (3)
- 2) The acronym SMART is used in goalsetting. What does it stand for, and give an example of each component (5)
- 3) Goals can be classified into outcome goals, performance goals, and process goals. Describe these goals, when they should be applied, and give a sport related example of each (6)
- 4) Which are, according to Hansen, the three phases of a team player being benched, and describe what they mean (3)
- 5) Give four tips on improving coach-athlete communication (2)
- 6) For each statement indicate True or False (2)
  - a) The behaviour of the coach is the main reason for collective collapses
  - b) Fear of failure is the dominating feeling when collective collapses occur
  - c) 90% of the collective collapses are referred to the calls of the referees
  - d) The main action after a collective collapse is a team session
- 7) Which are the four components of Motivational Interviewing, and what do they mean? (4)
- 8) What is social loafing, and give three examples on how social loafing can be reduced (2)
- 9) Three aspects that must be considered in efficient collective decision-making in team sports are
  - a) The collective strategy
  - b) The force ratio
  - c) The network competencyDescribe these aspects (3)
- 10) Knowledge in team sports rests upon
  - a) Action rules
  - b) Play organization rules
  - c) Motor capacitiesWhat is the content of these terms? (3)

11) The two assessment instruments, the TSAP (Team Sport Assessment Procedure), and the GPAI (Game Performance Assessment Instrument) offer teachers the opportunity to promote the construction of game knowledge and skills.  
How can these be used in a learning situation? (2)