



## Försättsblad Prov Original

Kurskod	Provkod	Tentamensdatum
I V 0 5 8 G	2 0 0 0	2 0 1 9 - 0 1 - 1 5
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 3**

HT 2018

Sport Science GR (A)

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

**Date:** 2019-01-15

**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) Reactions of a coach to failure can be subsumed in six categories. Name three of these, and indicate the three categories which indicate a positive approach of the coach (4)
- 2) Which are the four types of team norms? Give the names, and what they mean (4)
- 3) Gives six examples on how team cohesion can be enhanced (3)
- 4) Underestimation of the opposing team and performance anxiety can occur in team sports. How can these phenomena be dealt with in regards to goal setting? (2)
- 5) For each statement indicate True or False (2.5)
  - a) Assigned goals are superior to participant-set goals
  - b) Motivational Interviewing includes three processes
  - c) In a study of how an elite handball team used time outs showed that Technical aspects were the main reason to call a time out
  - d) Achievement goals are superior to avoidance goals in team sports
  - e) One of the aims of Johari's window is to reduce the Unkown area
- 6) SECTS is a scale for effective communication in sport teams. Which are the four components of SECTS, and what do they measure (4)
- 7) Which are the three characteristics of a collective collapse, and what is the dominating feeling? (2)
- 8) According to the Transtheoretical Model (TTM) there are five stages if you want to change a behaviour. Which are the five stages of change (2.5)
- 9) Give three reasons for the occurrence of social loafing in team sports (3)
- 10) The Analytical Model, The Structuralist Model, and the Systemic Model are three different game play analysis models. Describe the models, and their pedagogical conceptions (3)
- 11) The European school of team sports makes a distinction between strategy and tactics. What do these terms mean, and what is the fundamental difference between them? (3)
- 12) Four facets are identified with regard to performance assessment in team sports: Technical product, Technical process, Tactical product, and Technical process. Give one example of each (2)