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Kursnamn: Idrottsvetenskap GR (A), Vetenskap och praktisk tillämpning
Provnamn: Moment 2
Ort: Östersund
Termin: Ämne
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 (≥ 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!
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 Unknown 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 Trantheoretical 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)