



**BACHELOR I IDRETTSVITENSKAP MED SPESIALISERING I
TRENERROLLEN 2010/2012**

Individuell skriftlig eksamen

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**TRL 250– Sports Psychology 1 – Motivational
processes in sport and physical activity**

Mandag 29. november 2010 kl 10.00–12.00

Hjelpemidler: ingen

Eksamensoppgaven består av 3 sider inkludert forsiden

Sensurfrist: 20. desember 2010

Instructions: You are to answer **two (2)** questions: Each question is worth 50% of the grade. But you are to answer only **ONE** question in each segment. For example, in the motivation segment, you can only answer question 1 or 2, one of the two questions. It is important you read each question thoroughly before you answer. It will help if you plan your answer before starting. Good luck!

Motivation:

1. There are many theories to explain achievement motivation, and Self Determination Theory is one of them. A key concept within the theory is intrinsic motivation. Explain this sub theory and also how a coach impact may affect the internalization process of motivation for an athlete.
2. Parents play a tremendous role in the development of children's goal preferences and development from adolescent to successful elite athletes. Describe how they may contribute in developing their children into elite sportspeople by creating the right climate for sport participation? Second, include also Wyllemann's stages of parental involvement into this development.

Enhancing motivation:

3. Using the TARGET procedures in motivation research has been advocated to enhance motivation in sport. Explain what the TARGET procedures are, and how may they be implemented in coaching children's sport practices?
4. Goal setting is one of the best tools of enhancing motivation. Explain goal setting, the type of goals, and how you (as a coach) would implement a goal setting program to an inexperienced youth team.

Community based programs:

5. Who are the target groups in community based programs? What factors contribute to success in these programmes, and if you had to implement a community based programme, how would you go about doing it??

Cheating:

6. Within sport in general, cheating is increasing! But we want you to focus on children's sport for this answer. Why may cheating be taking place in children's sport? In your answer look at one branch of research that informs your answer! What would you advise coaches of children's sport to do if you wanted to minimise the possibility of cheating in sport?

Cultural perspectives in motivation:

7. Using one aspect of cultural determinants of motivation (e.g., gender, ethnic background, race, geographic origin, and so on), explain how cultural aspects may affect the motivation of an individual within the sport context?

Coaching effectiveness:

8. When coaching young children, explain why the context may be different from coaching more mature sportspeople, and what would you do to make the experience more sensitive to the needs of the children?

Exercise psychology:

9. Describe the "stages of change" in readiness for exercise, and what are the processes that are most important at the various stages?