

2024/2025

INDIVIDUAL EXAM

IN

MA 480- MOTIVATION IN SPORT

Information

- Start of exam: Wednesday December 5. 2024 at 10.00 a.m
- End of exam: Wednesday December 5. 2024 at 14.00 p.m. in WISEflow
- Exam results will be available within four weeks from the exam date: 6th of January 2025
- Aids: None
- Give your answer in English or Norwegian

Part A

In the following part there will be a number of short-answer questions. **Please answer all of the questions.**

1. Briefly explain what Bandura meant by Triadic Reciprocity.
2. Describe the three basic psychological needs within Self-determination theory, with examples of how these may be experienced in sport and/or physical activity.
3. Name the two processes described in dual process theory (system 1 and system 2) and outline the key characteristics of these systems.
4. What is the difference between task goal orientation and ego goal orientation, and how are they related to different outcomes in sport?
5. Explain the two dimensions of Expectancy-Value Theory (EVT). What types of outcomes are associated with these dimensions?
6. Discuss what is meant by *salience* in the Social Identity Approach, and how the salience may influence behaviour/motivation. Offer some concrete examples.

Part B – answer **ONE** of the following questions

1. A sports club is struggling with creating an enjoyable experience for their youth athletes. They have a high rate of dropout, and their investigations show that the athletes do not think it is fun and meaningful to continue their participation. Outline how the club could use a particular theory of motivation to create a sports program that is experienced as more fun and enjoyable.

OR

2. A high-level coach is struggling to get the most out of the athletes, and it seems that they are struggling with their motivation to work hard over time. The coach identifies this as a motivational issue. Please outline how the coach could use a particular theory of motivation to motivate the athletes to give more effort.

OR

3. A large company wants to increase the physical activity of their employees, by stimulating their motivation for being more active to and from work, as well as during work hours. Please outline how the company could use a particular theory of motivation to motivate their employees to be more active.