

2025/2026

INDIVIDUAL EXAM

IN

MA 480- MOTIVATION IN SPORT

Information

- Start of exam: Tuesday December 2. 2025 at 10.00 a.m
- End of exam: Tuesday December 2. 2025 at 14.00 p.m. in WISEflow
- Exam results will be available within three weeks from the exam date: 23th of December 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. Define Self-Efficacy and briefly explain its different sources with examples within sport.
2. Please define the psychological need for autonomy and briefly explain how a coach can go about satisfying this need in the context of sport.
3. Define motivational climate, and outline the two different climates as presented in AGT?
4. Explain the two dimensions of Expectancy-Value Theory (EVT). How do these dimensions influence each other in shaping motivation?
5. Briefly describe how the social identity approach differs from other motivational theories when it comes to motivation, and give some examples of how social identity can impact an individual's motivation?

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

1. Outline a research intervention aimed at impacting the motivation of youth athletes through coach behavior. You should present the research question(s), the methods as well as how the intervention would be evaluated.

OR

2. Outline a research intervention aimed at increasing physical activity among children and youths that are receiving medical treatment at a health clinic. You should present the research question(s), the methods as well as how the intervention would be evaluated.