

COMMONWEALTH OF AUSTRALIA

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Family Name	
Given Names	
Student Number	
Teaching Period	Semester 1, 2016

FINAL EXAMINATION	DURATION
SPE206 – Exercise and Sport Psychology 1	Reading Time: 10 minutes
	Writing Time: 120 minutes

INSTRUCTIONS TO CANDIDATES

EXAM CONDITIONS

You may begin writing from the commencement of the examination session. The reading time indicated above is provided as a guide only.

This is a CLOSED BOOK examination

No calculators are permitted

No handwritten notes are permitted

No dictionaries are permitted

ADDITIONAL AUTHORISED MATERIALS	EXAMINATION MATERIALS TO BE SUPPLIED
No additional printed material is permitted	1 x 16 Page Book

**THIS EXAMINATION IS PRINTED
DOUBLE-SIDED.**

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Section A

Multiple Choice Questions

Total marks for this section: 40 marks

This section should be answered on this examination paper provided. Circle the letter that corresponds to the most appropriate answer.

Each question is worth 2 marks

Suggested time allocation for Section A: 40 minutes

This is the end of Section A (Total 40 Marks). Please ensure that you have written your name and student number on your examination sheet.

Section B

Short Answer Questions

Total marks for this section: 20 marks

Each question is worth two (2) marks

Marks are equally divided within each question.

Answer in the spaces provided.

Suggested time allocation for Section B: 20 minutes

Question 1

There are three major approaches or paradigms in sport and exercise psychology. Name one and explain the perspective this 'lens' or approach takes.

(Marks: 2)

Question 2

Nideffer's 'Test of Attentional and Interpersonal Style' (TAIS) talks about two ways of measuring attention. Name these and briefly mention how each 'way' works.

1. _____

2. _____

(Marks: 2)

Question 3

Weinberg and Gould (2015) take four approaches to studying leadership. Name two and explain the assumptions/beliefs that these approaches hold about leadership.

1. _____ Approach.

Explanation:

2. _____ Approach.

Explanation:

(Marks: 2)

Question 4

The 'Matching Hypothesis' believes that if an athlete presents with: (complete the blanks)

1. **Somatic Anxiety** we should give them a _____ anxiety reducing technique.

Provide an example of one of these techniques:

2. **Cognitive Anxiety** we should give them a _____ anxiety reducing technique.

Provide an example of one of these techniques:

(Marks: 2)

Question 5

In Achievement Goal (Orientation) Theory there are three difference types of orientations. Name two of these and explain how each one affects an athlete's motivational approach.

1. _____

2. _____

(Marks: 2)

Question 6

Name two 'Myths' commonly associated with Psychological Skills Training (PST) and explain why they are not true.

(1a) Myth:

(1b) Why?

(2a) Myth:

(2b) Why?

(Marks: 2)

Question 7

Name one theory of arousal or anxiety control and describe how it works.

1. Theory:

2. Description:

(Marks: 2)

Question 8

Imagery is an effective mental tool. There are five theoretical explanations for how imagery works. Name one and explain how imagery works according to this theory.

1. Theory: _____

2. How imagery works:

(Marks: 2)

Question 9

Define what is casually known as 'bad' aggression or what academics simply call 'aggression' in sport and name two recommendations for controlling aggression and violence in sport.

1. Definition:

2. Two ways to control aggression and violence in sport:

(Marks: 2)

Question 10

Earlier this year tennis star Maria Sharapova was provisionally banned from tennis for a period of two years after failing a drugs test for Meldonium.

1. According to WADA and ASADA who is ultimately responsible for what an athlete puts into their body?

2. Name one possible reason (physical/psychological or social) that athletes like Maria take drugs?

(Marks: 2)

This is the end of Section B (Total 20 Marks). Please ensure that you have written your name and student number on your examination sheet.

Section C
Extended Answer Questions

Total marks for this section: 40 marks

Each question is worth ten (10) marks and the marks allocated in each question are indicated.

Answer in the spaces provided.

Suggested time allocation for Section C: 60 minutes

Question 1

A tennis player has made it into the final match of the club championships. The literature says that athletes are best to set all three types of goals. Write example goals as if you were this tennis player below and explain what is good about setting this type of goal:

1. Outcome Goal(s)

_____ (Marks: 1)

What is good about this goal?

_____ (Marks: 2)

2. Performance Goal(s)

_____ (Marks: 1)

What is good about this goal?

_____ (Marks: 2)

3. Process Goals

_____ (Marks: 2)

What is good about these goals?

(Marks: 2)

Question 2

In Albert Bandura’s Self Efficacy Theory there are four main sources that build up our self-efficacy. Name and describe two of these and give an example of how this might work in a sport or exercise situation.

1. _____ source of efficacy.

Description:

Example:

(Marks: 5)

2. _____ source of efficacy.

Description:

Example:

(Marks: 5)

Question 3

1. What is 'Exercise Addiction'?

(Marks: 2)

2. What are the positive and negative effects of being addicted to exercise?

(Marks: 4)

3. Describe at least **two** strategies that an addicted exerciser can use when they can't exercise (eg. when injured)

(Marks: 4)

Question 4

1. Albert Carron and colleagues have studied Team Cohesion. Define 'Team Cohesion' as per Carron's definition.

(Marks: 2)

2. Define Task Cohesion:

(Marks: 2)

3. Define Social Cohesion:

(Marks: 2)

4. How does Team Cohesion affect performance?

(Marks: 2)

5. Name **two** strategies that can enhance team cohesion and describe how they will affect performance?

(Marks: 2)

This is the end of Section C (Total 40 Marks). Please ensure that you have written your name and student number on your examination sheet.

Working Sheets

