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Family Name					
Given Name/s					
Student Number					
Teaching Period	Semester 1, 2019				

SPE206 – Exercise and Sport Psychology 1	DURATION	
	Reading Time:	10 minutes
	Writing Time:	120 minutes
INSTRUCTIONS TO CANDIDATES		
<p>Attempt all questions.</p> <p>The examination consists of three sections. Sections A, B and C.</p> <p>Section A multiple choice section worth 40 marks. Answer on exam paper. Section B short answer questions worth 20 marks. Answer on exam paper. Section C extended answer questions worth 40 marks. Answer in exam 8-page exam booklet.</p>		
EXAM CONDITIONS		
<p><u>You may begin writing from the commencement of the examination session.</u> The reading time indicated above is provided as a guide only.</p>		
This is a CLOSED BOOK examination		
Any calculator is 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 8 Page Book	

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

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LEFT BLANK.**

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

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

In the context of human personality theory explain trait approach and phenomenological approach.

Trait _____

Phenomenological _____

(Marks: 2)

Question 2

Define the concept of motivation in sport and provided an example.

(Marks: 2)

Question 3

Explain the three major steps in developing a sport psychological skill training program.

1. _____
2. _____
3. _____

(Marks: 2)

Question 4

Define arousal, anxiety and stress in the context of exercise and sport.

1. Arousal

2. Anxiety

3. Stress

(Marks: 2)

Question 5

State who postulated the individualized zones of optimal functioning (IZOF) and then explain the theory in context of sport.

(Marks: 2)

Question 6

Your lecture on self-confidence indicated seven (7) benefits of sport self-confidence. Explain three (3) of these benefits.

1. _____

2. _____

3. _____

(Marks: 2)

Question 7

Name one theory of sports imagery and describe how it works.

1. _____
2. _____
3. _____

(Marks: 2)

Question 8

Explain the three different types of goals that athletes can apply in sport.

1. _____
2. _____
3. _____

(Marks: 2)

Question 9

Explain four key and unique characteristics of a team.

1. _____
2. _____
3. _____
4. _____

(Marks: 2)

Question 10

Explain three of the major sports psychological reasons for children participating in sport.

1. _____
2. _____
3. _____

(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 answer booklet provided.

Suggested time allocation for Section C: 60 minutes

Question 1

Design an experiment to evaluate if sport arousal regulation can influence basketball free throw performance.

(Marks: 10)

Question 2

Using sport psychological guidelines as discussed in the chapter on children and sport psychology by Weinberg and Gould describe effective coaching practices for young athletes.

(Marks: 10)

Question 3

Explain the differences between athlete burnout and overtraining in sport by describing the different symptoms in both situations. What strategies would you use to reduce the likelihood of both conditions in athletes?

1. Differences between athlete burnout and overtraining. (Marks: 5)

2. Strategies to reduce the likelihood of both conditions. (Marks: 5)

Question 4

1. List and explain the common reasons people exercise and the barriers to exercise. (Marks: 5)

2. Explain one theory or model that is thought to influence exercise behaviour. (Marks: 5)

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.

Notes Page