

UNIVERSITY COLLEGE LONDON

University of London

EXAMINATION FOR INTERNAL STUDENTS

For the following qualifications :-

M. Sc.

SES G11: Introduction to Sports Psychology

COURSE CODE : **SOCLG011**

DATE : **13-MAY-02**

TIME : **14.30**

TIME ALLOWED : **2 hours**

02-C1330-3-30

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TURN OVER

UNIVERSITY COLLEGE LONDON
MSc School of Human Health and Performance
MSc Sport Medicine 2002

Module Code: SOCLG004
Introduction to Sport Psychology – 5 Credit Module

Time Available: 2 hours

Please answer any two of the following questions.

1. Devise a suitable pre-season screening protocol for 50 athletes identifying injury risk factors. Comment on how you will implement and manage such a programme working only on a part-time basis with the athletes.
2. Analyse Williams and Anderson's (1988, 1998) proposed model of psychological response to sport injury in the light of recent research?
3. Implement a non-pharmacological pain management regime for a patient with ACL reconstruction. What are the advantages of such a programme over traditional forms of pain relief?
4. Describe the major psychological benefits associated with physical activity involvement. Critically evaluate the evidence to support these benefits with a particular focus on the potential for physical activity to have negative psychological outcomes and also the issue of dose-response.
5. Define burnout and then delineate Smith's cognitive-affective model of burnout and for each aspect of his model outline strategies for reducing the likelihood of burnout.
6. Discuss the role of individual's beliefs and cognitions in explaining exercise participation by reference to social cognition models of health behaviours.

End of Paper