

**UNIVERSITY COLLEGE LONDON**

*University of London*

**EXAMINATION FOR INTERNAL STUDENTS**

*For The Following Qualification:-*

*M.Sc.*

**SES G11: Introduction to Sports Psychology**

**COURSE CODE : SOCLG011**

**DATE : 19-MAY-03**

**TIME : 10.00**

**TIME ALLOWED : 2 Hours**

**UNIVERSITY COLLEGE LONDON**  
**MSc School of Human Health and Performance**  
**MSc Sport Medicine 2003**

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

Answer 4 of the following:

1. Justify the importance of a goal setting programme within an individual player's/performer's programme. What important factors in establishing a programme would you have to take into account and how would you deal with potential problems?
2. Distinguish between the different stress reduction techniques. What is the importance of relaxation procedures in reducing anxiety/stress for a highly competitive player.
3. Discuss how imagery when used in conjunction with physical practice, can effectively improve performance. How could this theory be applied to create an imagery programme within a specific sports setting?
4. Explain and discuss the interactional model relative to personality and the environment. How is this concept linked to psychological profiling?
5. **EITHER** Analyse Williams and Anderson's (1988, 1998) proposed model of psychological response to sport injury in the light of recent research.  
**OR** 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 athletes.
6. What is the effect of arousal upon attentional focus? Give an example of how arousal can be a hindrance to performance and one where it can aid performance
7. Sport and exercise is associated with beneficial psychological effects. Discuss the role of mood in explaining exercise participation

**END OF PAPER**