

University of London

EXAMINATION FOR INTERNAL STUDENTS

For The Following Qualifications:-

Grad Dip M.Sc.

SES G11: Introduction to Sports Psychology

COURSE CODE : SOCLG011

DATE : 25-MAY-05

TIME : 14.30

TIME ALLOWED : 2 Hours

**UNIVERSITY COLLEGE LONDON
MSc School of Human Health and Performance
MSc Sport Medicine 2005**

**Module Code: SOCLG011
Introduction to Sports Psychology – 5 Credit Module**

Time Available: 2 hours

Choose 3 out of 5 questions to answer (each answer will be worth a 1/3 of the total) .

1. Personality and sport

Through the comparison of personality theories, justify whether a set *sport* personality exists .

2. Arousal in Sport

Explain the theoretical relationship between arousal and sport. Discuss how high arousal could be managed through the implementation of relaxation techniques.

3. Burnout and Overtraining

How can burnout and overtraining be identified and treated? Why is it a great concern for health professionals working with athletes?

4. Focus

Discuss the relationship between focus, emotion and performance .

5. Sport Injuries

Explain the relationship between adherence and recovery based on theoretical evidence. How would the utilisation of a psychological rehabilitation programme be beneficial?

END OF PAPER