

**UNIVERSITY COLLEGE LONDON**

University of London

**EXAMINATION FOR INTERNAL STUDENTS**

For The Following Qualifications:–

*M.Sc. PG Dip*

**SES G11: Introduction to Sports Psychology**

**COURSE CODE : SOCLG011**

**DATE : 22–MAY–06**

**TIME : 14.30**

**TIME ALLOWED : 2 Hours**

**UNIVERSITY COLLEGE LONDON**  
**MSc School of Human Health and Performance**  
**MSc in Advanced Physiotherapy and Sport and Exercise Medicine 2006**

**Module Code: SOCLGO11**  
**Introduction to Sports Psychology**

Time available – 2 hours

**Please answer THREE questions.**

**Question 1: Personality and sport**

1. How has research on personality and sport contributed to our knowledge about the existence of a set sport personality type? (Consider the nature of different types of sport and issues such as gender.)

**Question 2 : Attribution**

2. How can the understanding of attribution theory enlighten the coach or practitioner in optimising performance or in use with those recovering from injury?

**Question 3 : Motivation**

3. Discuss how an Interactional motivational approach could be beneficial to a coach, or health professional in dealing with an elite athlete who is experiencing a decline in motivation. What guidelines could be employed to build motivation in a sport setting?

**Question 6 : Burnout and Overtraining**

Why is burnout and overtraining a major issue for health professionals working with athletes at all levels? Discuss how knowledge of this could help create more effective training and recovery programmes for those working with athletes.

**Question 4 : Focus**

Discuss, based on theory, why different types of attentional focus are required for different athletic situations. Give examples on how attention techniques can be employed in a sport situation with an athlete who 'chokes'.

**Question 5 : Sport Injuries**

Identify, using research , psychological problems associated with injury ? How could the utilisation of a psychological rehabilitation programme be implemented .

**END OF PAPER**