

T1304

Individual exam: Grading guide

Fall 2022

Answer only 2 of these 3 questions:

1. What is “specialist coaching”? Refer to and discuss examples from elite sport (in our course literature).

A good answer presents specialist coaching as a subcomponent of coaching, and provides a reasonable definition. For this, Chapter 1 and 36 in Collins can be helpful. Then, examples need to be provided and discussed, above all from Collins Chapter 7, but these can also be from interpretations of practice given in Collins Chapters 2, 4 and 7, as well as others.

2. To effectively manage sport performance, one often needs to address and manage different types of systems. Discuss what this means and give examples of best practices (from the course literature).

A good answer shows understanding of the dynamics and complexities of a systems approach, which can be informed by different chapters in the Connolly book. Following this, examples and discussion can be based on Collins Chapters 19-25, and different approaches to an answer will be accepted, as long as they are reasonable within the systems approach thinking and are presented and discussed with proper precision and nuance.

3. Coaching at the elite level sometimes implies navigating different cultures. Discuss ways that coaches can effectively manage culture for ultimate individual and team outcomes.

A good answer shows an initial understanding of ways that coaching is couched in a wider context and culture, which will be found throughout in Connolly and in Collins Chapter 1 and 36. Further, different perspectives can be provided and discussed based on what is presented in Collins Chapters 19, 26 and 29.

Give your answer in English or Norwegian.

Good luck!

Geir