

**BACHELOR I TRENERROLLEN OG
IDRETTSPSYKOLOGI 2019/2022**

Individual written exam

in

TI 304- Performance Managemen

Monday, May 30. 2022 10.am-12 pm

No helping aids allowed

Exam results will be available within three weeks from the exam date:

20th of June 2022

Answer only 2 of these 3 questions:

Give your answer in English or Norwegian.

1. What are the implications of a performance management philosophy of putting the "person first"? Refer to and discuss examples from elite sport (in our course literature).
2. Sport science is becoming more and more important in elite sport. Discuss how you can effectively apply sport science with an individual athlete or with a team, in an interdisciplinary way.
3. Coaching at the professional or national team level can be both extremely rewarding and challenging. Discuss ways that coaches can effectively manage such contexts for ultimate individual and team outcomes.