

**T1304**

**Individual exam**

**Fall 2023**

Answer only 2 of these 3 questions:

1. Identify and discuss the most important principles/factors that are likely to make a specialist coach successful. Specify if you answer this with respect to a team sport or an individual sport.
2. You work with an elite sport team. Discuss different ways you can make sure to address, follow up, and give feedback to each individual team member.
3. In the last years, there has been an emergence of a data revolution in sport. Discuss ways you can use data to support performance development for individual athletes.

Give your answer in English or Norwegian.

Good luck!

Sensorveiledning:

1. A good answer first defines “specialist coach”, not just generic coaching principles. Refers to course literature that addresses this specifically. A good answer presents a clear set of principles/factors focusing on the most important ones.
2. A good answer explicitly refers to the course literature with Connolly’s main principles (knowing the person, different athlete systems) and appropriate illustrations and reflections from the Collins et al. book. The answer needs to be comprehensive, balanced, person/athlete centered, and nuanced.
3. A good answer defines data, and explicitly refers to the course literature (e.g., Graham, Carling, Vint, Barr, Jordet, and Connolly on big data, agile data, Scrum method, and Moneyball). The discussion needs to provide substance to these questions, be balanced and nuanced.