

2022/2023

INDIVIDUAL EXAM

IN

TI 304- PERFORMANCE MANAGEMENT

Information

- Start of exam: Monday May 22. 2023 at 10.00 a.m
- End of exam: Monday May 22. 2023 at 12.00 p.m. in WISEflow
- Exam results will be available within three weeks from the exam date: 13th of June 2023
- Aids: None
- Give your answer in English or Norwegian

Answer only 2 of these 3 questions

Question 1

What are the implications of putting the athlete's health first to create a balanced, long lasting career on the pitch, ready for the next competition or performance? Refer to and discuss examples from elite sport.

Question 2

Why and how can innovation be an important part of performance management in sports? Give different examples from elite sports and pick one of them to elaborate how coaches and performance teams can create, implement and manage innovations effectively. In what way can innovation be a challenge? How to balance focus on new things with the basics in holistic, integrated execution of performance management?

Question 3

The coach-athlete relation is essential in a performance team and is often supported by different roles and functions. There are several examples of family members having one or more of these roles. Why and how can this be a benefit or a disadvantage for the way of working with performance management? Refer to and discuss examples and give your recommendations dealing with the issue.