**Bangor University**

**School of Sport, Health and Exercise Sciences**

**Entrance Scholarship Exam 2020**

**Time**: 2 hours.

**Instructions to Candidates**

Use black ink or black ball-point pen. Do not use pencil or gel pen.

Write your name and school/college on your answer booklet.

ANSWER ALL QUESTIONS.

Write your answers on the answer sheet provided. If you use more than one sheet of paper, fasten the sheets together.

**Information for Candidates**

The number of marks is given in brackets ( ) at the end of each part question. There are a maximum of 44 marks available.

You are reminded of the need for good English and clear presentation in your answers.

Diagrams, charts and graphs can be used to support answers when they are appropriate.

This examination paper consists of two printed pages.

1. **Describe the main differences between fast twitch and slow twitch muscle fibres. [4]**
2. **Coaches will often use a demonstration when introducing such a skill to beginners. Explain, using Bandura’s theory of observational learning, how a performer can learn a new skill through the use of a demonstration. [4]**
3. **The diagram below shows the S-shaped curve of performance for a gross motor skill.**



**(a) The part of the curve of performance labelled 3 is called: Tick one box only. [1]**

󠄀 A: Plateau

󠄀 B: Linear

󠄀 C: Positive acceleration

󠄀 D: Negative acceleration

󠄀 E: Associative

**(b) Identify one possible cause of a plateau and explain ways in which a coach can help a performer to combat the performance plateau effect. [6]**

1. **Performance analysis support, such as that provided by the English Institute of Sport, is becoming an integral part of an elite athlete’s preparation for competition. Explain, using specific examples, the different performance analysis tools that might be used to analyse the technical aspect of performance in a sport of your choice. [5]**
2. **Sir David Brailsford is often cited as the mastermind behind turning British Cycling into such a force within the Olympic Games. As the Performance Director of Team Sky he was the man behind some of the most celebrated British sporting stories of the last decade. Justify, with reference to relevant theories, how and why coaches may use different leadership styles in particular sporting situations. Consider two leadership styles in your response [8].**
3. **Following a competition, players go through a process of physiological recovery and begin psychological preparation ahead of their next performance. Explain the physiological recovery processes that players may go through immediately following intense exercise and analyse the ways in which coaches can help motivate players to improve future performance. [16]**

**END OF EXAM** ☺