

EUROPEAN AND MEDITERRANEAN ARCHERY UNION
3rd LEVEL COACHING SEMINAR, SOFIA, November 14th-16th, 2008
EXAMINATIONS IN SPORT PSYCHOLOGY

NAME:..... COUNTRY:.....

-Cycle the right answer - there may be more than one right answers

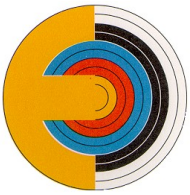
1. Sport Psychology is: A) a scientific discipline B) a relaxing therapy
2. Participation in sports affects the psychological development: A) yes B) no
3. Individuality : A) is the basic characteristic of the human being
B) is a secondary characteristic of the athlete
4. Personality traits predispose to response or react in different situations:
A) in a similar manner B) in a different manner every time
5. Personality and Sport is: A) a reciprocal conditionality B) one sided relation
6. Emotional stability : A) refers to equanimity in dangerous and sudden situations
B) is expressed more in sports require high coordination C) is a stiff manner of action
7. Extrovert persons are ideal for: A) collective sports B) individual sports
8. Learning is a process for: A) acquiring knowledge B) develop arts C) develop habits
D) all of them E) none of them
9. Motor arts: A) in a flexible manner adapt to changes B) are quite stiff and stable
10. A motive is an: A) internal factor B) personality trait C) external factor
11. Team cohesion resources are: A) similarities in statements B) relations of cooperation
C) common goals D) similarities in body size
12. The better type of coach is: A) the autocratic B) the democratic C) the indifferent D) none
13. Psychological preparation for a concrete competition has application:
A) before B) during C) after the competition D) all E) none
14. The key-issue for desensitization training is: A) exposure therapy B) biofeedback therapy
15. While coaching children remember that: A) a child is a small adult B) winning is secondary
16. A successful young athlete needs: A) effective coaching B) pressing parenting
17. Imagery training is a practice in which the athlete creates: A) mental images B) practical tests
18. Improvement of concentration requires to think: A) on the here and now B) backward, not forward
19. Cognitive skills development requires: A) clearly defined goals B) technical preparation
20. Characteristics of effective communication: A) honesty B) sarcasm C) sincerity D) anger

EXAMINATIONS IN SPORT INJURIES

-circle the right answer

-there may be more than one right answers

1. Extrinsic factors that lead to an injury : A) faulty equipment B) weather C) body size D) coaching
2. All structures in the musculoskeletal system are connected: A) yes B) no
3. Injuries in archery: A) are severe B) concern commonly the upper arm
4. Rehabilitation requires: A) an accurate diagnosis B) a delayed diagnosis
5. Neck pain is usually seen in archery because of: A) bad posture B) overtraining C) knee trauma
6. The clinical symptom complex is referred to: A) anatomic alterations B) functional alterations
7. Emergencies in sport require: A) medical personnel in the field B) necessary equipment
C) good podologists
8. In the treatment of an injury what is PRICES principle A) protection B) reaction C) ice
D)concentration E) elevation F) support
9. In an acute injury we use ice: A) 2 times daily, 45 minutes per time, for ten days
B) 15-20 min, 2-5 times daily, the first 48-72 hours
10. Restorative (subacute) phase of rehabilitation aims to: A) pain free joint active range of motion
B) soft tissue extensibility
11. Muscular endurance attained by: A) low weight-high repetition sets
B) high weight-low repetition sets
12. Massage techniques are used: A) pre- B) post competition
13. In a heat injury we: A) act by rapid cooling of the athlete B) keep him calm in the field
14. Overtraining syndrome causes: A) physiological symptoms B) psychological symptoms
15. Best treatment of overtraining syndrome is to: A) break off from days till months
B) continue by lower level of training
16. Individualization of training: A) prevents athlete's health B) leads to fail
17. After an injury fear is expressed: A) yes B) no
18. Emotional disorganization may be seen in an injury A) yes B) no
19. Sprain, strain and contusion are: A) types of injuries B) personality characteristics
20. An overuse syndrome may appear pain A) after activity B) in rest



Exam questions – 3rd Level Coaches Seminar 2008, in Sofia

Name of candidate:

*Please tick the box corresponding to the answer you think is the correct one.
Only one correct option!*

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|----|---|--|-------|
| 1. | <p>After the qualification round of a target World Championship the scores of two archers ranked 128th equal 1231. Archer A has 65 10s' and 12 Xs'. Archer B has 65 10s' and 11 Xs'.</p> <p>-----</p> <p>Archer A will progress to the elimination round.</p> <p>There will be a shoot-off procedure to decide who will progress to the next round of the competition.</p> | <input type="checkbox"/> <input type="checkbox"/> | 5 pts |
| 2. | <p>During an elimination round match an archer shoots the last of his six arrows after the signal to stop shooting.</p> <p>-----</p> <p>He will be forfeited the highest scoring arrow.</p> <p>He will be forfeited the arrow shot out of time.</p> | <input type="checkbox"/> <input type="checkbox"/> | 4 pts |
| 3. | <p>In an archery championship an archer is having difficulty of pulling and completing the shooting of an end of three arrows and he releases his third arrow just after the second beep of the stop signal. The arrow drops on the 3 metre line. The values of the other two arrows are 9 and 7.</p> <p>-----</p> <p>What score should be put on the scorecard?</p> <p>9 – 7 – M</p> <p>7 – M – M</p> <p>The archer will be allowed to shoot this arrow again.</p> | <input type="checkbox"/> <input type="checkbox"/> | 6 pts |
| 4. | <p>At the end of the match for the individual ½ finals both archers equal a score of 115. Archer B started shooting the first end of the match.</p> <p>-----</p> <p>Which one of the two archer's will start the shoot-off?</p> <p>Archer A :</p> <p>Archer B :</p> | <input type="checkbox"/> <input type="checkbox"/> | 5 pts |

| | | | |
|----|---|---|-------|
| 5. | <p>An archer raises his bow arm before the start of shooting signal is given and he releases his shot immediately after the start shooting sound signal is given. The judge approaches the archer at the scoring and deducts the highest scoring arrow of the archer.</p> <p style="text-align: center;">-----</p> <p>As the coach you agree with the judge's action.</p> <p>You do not agree and you will file a protest to the Jury.</p> | <p style="text-align: center;">-----</p> <p style="text-align: center;">-----</p> | 4 pts |
| 6. | <p>At the first end of the 50 metre distance of a national outdoor tournament a competitor shoots 4 arrows before realising that he should have shot 3 arrows only at that distance :</p> <p>The values of the arrows are : 10 - 9 - 9 - 8.</p> <p style="text-align: center;">-----</p> <p>What will be the score for that end?</p> <p>9 – 9 – 8 :</p> <p>10 – 9 – 9 :</p> | <p style="text-align: center;">-----</p> <p style="text-align: center;">-----</p> | 6 pts |
| 7. | <p>At the 30 metre distance of an outdoor World Championship competitor A shoots 2 arrows in the lower left face, values 10, 10 and one arrow in the lower right face, value 9.</p> <p style="text-align: center;">-----</p> <p>What will be the final score?</p> <p>10 – 10 – 9 :</p> <p>10 – 10 – M :</p> | <p style="text-align: center;">-----</p> <p style="text-align: center;">-----</p> | 5 pts |
| 8. | <p>An archer shoots three arrows at the 30 metre distance. The two arrows in the target show values 10 and 9. The third arrow is lying on the ground and it seems obvious that it has rebounded. There are however two unmarked holes in the target, one in the 9 zone ring and one in the 6 zone ring.</p> <p style="text-align: center;">-----</p> <p>The judge assigned to that target is called and he decides to score the value 6. Are you satisfied with this ruling?</p> <p>You saw the arrow hit the 9 zone and therefore it's your opinion it should score a 9 :</p> <p>Yes, the decision is correct according to the current valid rules :</p> | <p style="text-align: center;">-----</p> <p style="text-align: center;">-----</p> | 5 pts |

| | | | |
|-----|---|---|-------|
| 9. | <p>An archer cannot find one of his mis-shot arrows after the warm-up session at the 90 metre distance, but does not report the loss to one of the judges. At the scoring of the last end of the distance another archer of that target finds the arrow in the grass behind the target. The judge called to solve the situation advises to score the lowest six values including the arrow found which scores a M.</p> <p style="text-align: center;">-----</p> <p>What is your opinion about the ruling of the judge?</p> <p>The decision was correct according to the current valid rules.</p> <p>The decision was not correct.</p> | <p style="text-align: center;">⚔</p> <p style="text-align: center;">⚔</p> | 6 pts |
| 10. | <p>An arrow hits the nock of another arrow stuck in the 10 zone and is deflected into the 7 zone. The damage of the nock is clearly visible.</p> <p style="text-align: center;">-----</p> <p>The arrow should score a 10.</p> <p>The arrow should score a 7.</p> | <p style="text-align: center;">⚔</p> <p style="text-align: center;">⚔</p> | 4 pts |
| 11. | <p>At a team finals round match with simultaneous shooting one archer has difficulties shooting her arrows and steps back from the shooting line after having shot one arrow. The time runs short and the third archer decides to shoot three arrows, the team having shot six arrows in total.</p> <p>The judge assigned to that match advises to score the arrow not shot by the one archer a M and then score the lowest in value arrows in the target.</p> <p style="text-align: center;">-----</p> <p>The decision is correct.</p> <p>The decision is not correct.</p> | <p style="text-align: center;">⚔</p> <p style="text-align: center;">⚔</p> | 5 pts |









REPORT

By Victor Stanescu

EMAU 3RD LEVEL COACHING SEMINAR IN SOFIA *November 14th-16th 2008*

On November 14th-16th 2008 was organized in Sofia/BUL the EMAU 3rd level coaching seminar, for the same participants from Serbia, Greece and Bulgaria, who had attended to the previous 1st level and 2nd.

Based on the experience from the EMAU Coaches Seminar hold in October 2006 in Ankara,

Ms Evelyn Papadopoulou, Chairperson-EMAU DTAC, requested to EMAU Judge Committee to hold a session dealing with judging. The committee prepared a power point presentation dealing with the issues we found out to be useful for the coaches.

This lecture was scheduled at the opening, in the afternoon of the arrived day. It was an excellent idea from the coordinator, Ms. Evelyn. In fact, the lesson was very well received by the participants, who were so patients to follow almost three hours time presentation. It was an interactive presentation, with many of them asking for explanations, clarifications. We prepare as well an examination test with 11 questions, with answers "yes" or 'no', questions which addressed strictly to issues presented during the lecturing.

The participants received, by courtesy of Ms. Evelyn, Booklet in English of the presentation, which helped the participants to follow easily.

I can tell that the examination was taken very seriously and all gave successfully answers.

I take the opportunity and liberty to highly appreciate the presentation of Dr Katerina Kotroni, who is an ideal combination as Dr. in Rehabilitation, Sports Injuries, and Psychology of sport, and former champion in rifle, member of the Greek Olympic team for many years. She presented the problematique of the subject as having work for long in archery. She gave very precise, detailed descriptions on both subjects, like as facing the situations on real bases. She showed a great dedication to her work, and I find out that she could be of great help to hold a lesson of psychology addressed to the candidates for the EMAU Judge Seminar. Our committee welcomes the idea.

As the technical part, Mr. Ivan Yotov is a very good coach, very professional and very good teacher. His great advantage is that he was for many years a top archer, and knows how to transfer the knowledges theoretiquely and practically.

Not at last, I should appreciate the dedication and hard work of Ms. Evelyn Papadopoulou, who took care of everything and anyone, in order to make this seminar very successful.

For the Judge Committee it was an opportunity to understand better the needs of the coaches on the subject, which will be profitable on the field at tournaments.

17.11.2008

Victor Stanescu

Member EMAU Jude Committee