

Sport and Exercise Psychology

Graduate Comprehensive Exam in Kinesiology KINE 5850

The graduate comprehensive exam in Kinesiology is a four-hour written exam that consists of two sections. The focus of the comprehensive exam is to have students synthesize and apply information they have gained throughout their coursework. The first section is focused on application and synthesis of content knowledge in the Sport and Exercise Psychology concentration. The second section is focused on application and synthesis of knowledge in research knowledge.

The comprehensive exam will take place on Friday afternoon during the 6th week of the quarter the student is enrolled in KINE 5850. The particular date and time will be provided to you by the Comprehensive Exam Coordinator for the Department of Kinesiology.

Here is some information that will be helpful in preparing for your written comprehensive exam.

Content Section:

The content section of the exam is focused on application so you will be given a case and will be given several questions that ask you to address specific issues that go along with the case.

The following topics from the “Foundational Courses” in the Sport and Exercise Psychology concentration are relevant and would be useful in answering the exam questions:

1. Psychological Skills (e.g., imagery, self-talk, arousal regulation)
2. Self-Perceptions and Self-Confidence
3. Leadership (e.g., development, characteristics of effective leaders, factors impacting leadership, range of leadership model, leader vs. manager);
4. Team Dynamics, group development, and cohesion processes;
5. Motivation (e.g., participant motivation, intrinsic/extrinsic motivation, factors impacting motivation);
6. Methods for boosting physical activity adherence (theories and models of exercise behavior, behavior change techniques in exercise interventions);
7. Cognitive function (e.g., influence of various physical activity modalities on structure and function of the system)
8. Psychological outcomes of physical activity (e.g., stress, anxiety, emotional well-being, self-perceptions, body image)

The following topics from the “Specialization Courses” in the Sport and Exercise Psychology concentration are relevant and will be included only for the Specialization Courses you have taken as a part of your Plan of Study.

1. Application of sociological theories (e.g., conflict theory, critical theory, functionalist perspective)
2. Youth sport and physical activity involvement
3. Application of motivational theories
4. Physiological & psychological mechanisms associated with cognitive adaptations resulting from physical activity. (e.g., may include biofeedback, neurofeedback, & biomarkers)
5. Social Neuroscience Perspective (e.g., neural, hormonal, cellular, and genetic mechanisms underlying social behaviors in sport)
6. Neuroimaging techniques association with physical activity & sport

7. Use of sport/physical activity to enhance cognitive functions associated with neural trauma and/or developmental disabilities
8. Conceptual understanding of statistical techniques and ways to present findings in written form using APA standards

Research Section:

The second section of the comprehensive exam is focused on research. For this section, you should be able to identify and/or critique limitations, independent and dependent variables, methodology including appropriate statistical analyses for different research questions and data, and threats to validity for a sample study. Thus, you need to be able to understand and interpret research in terms of methods as opposed to doing calculations. Article critiques in your coursework have provided you with experience for this part of the comprehensive exam. In the interest of time, we provide a copy of a research poster for this section of the comprehensive exam. One way to prepare for this section is to review/critique research posters that are on the walls in Memorial Gym. *The research poster we provide you will be reduced to 8.5" x 11" paper. If you require contacts or glasses for reading small print, you will need to wear those for the exam.*

*Students are sometimes challenged by time. You need to be able to use your time efficiently and appropriately so that you can answer all questions in an effective manner.

Grading:

Each section is graded by two graduate faculty in areas of their expertise. The grading scale is as follows:

- 3 = A: An A response is excellent. It demonstrates clear mastery of the material and provides an excellent level of depth and detail. The response exhibits excellent understanding of the topic of focus, makes excellent arguments, and responds in a logical, well-organized, and well-written manner.
- 2 = B: A B response is adequate. It demonstrates an acceptable mastery of the material and provides some depth and detail. The response exhibits acceptable understanding of the topic of focus, makes acceptable arguments, and responds in a logical and organized manner.
- 1 = C: A C response is unacceptable. It does not demonstrate mastery of the material and little or no detail. The response exhibits poor understanding of the topic of focus, makes simple or weak arguments, and in a disorganized, poorly written manner.
- 0 = D: A D response is incomplete or does not address the material or topic of focus.

If you have questions about the exam, please feel free to contact the faculty in your concentration area and/or the Comprehensive Exam Coordinator for the Department of Kinesiology.