

Team Dynamics – Student's notes

Team Dynamics



A group definition:

Are these classified as groups?

Stages of group formation





Group Cohesion

What is group cohesion?

Definition:



There are 2 models of group cohesion:

Influences on Cohesion

Factors Affecting on Cohesion

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The Ringlemann Effect:



Social Loafing:



This phenomenon has been attributed to a number of factors:

Methods to overcome Social Loafing

Exam Style Questions.

1. Games players often play in teams and have to ensure that they have sufficient energy to last the duration of the match.

Carron (1982) defined cohesion as ‘a dynamic process which is reflected in the tendency for a group to stick together and remain united in the pursuit of its goals and objectives’.

(b) Name and explain the four stages that teams (groups) go through during their formation. (4 marks)

2. Elite performers often train by themselves, but may on occasions train as part of a group.

(a) How would you distinguish a *group* from a collection of individuals? (4 marks)