

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC1222

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC1222: INTRODUCTION TO PSYCHOLOGY

AUGUST 2009

3 HOURS (100 MARKS)

INSTRUCTIONS

Answer **four** questions only. Each question carries 25 marks. Where a question contains subdivisions, the mark value for each subdivision is given in brackets. Illustrate your answer where appropriate with large, clearly labeled diagrams.

1. Define Psychology and justify why it is a science. (25 marks)
2. Describe four major schedules of partial/intermittent reinforcement and their effects on behaviour in sports coaching. (25 marks)
3.
 - a) Outline the main ideas of Pavlov's classical conditioning. (15 marks)
 - b) Discuss the relevance of this theory to coaches and trainers. (10 marks)
4.
 - a) Discuss Piaget's concrete and formal operational stages and show implications for coaches and trainers. (10 marks)
 - b) Write brief notes on the following perspectives:-
 - i) Cognitive (5 marks)
 - ii) Behavioral (5 marks)
 - iii) Psychodynamic (5 marks)
5. a) Describe Freud's psychodynamic ego defense mechanisms and show their relevance to sports science practitioners. (25 marks)
6. Discuss Kohlberg's stage 3 to 6 of moral reasoning and show their relevance to sports science and coaching. (25 marks)

END OF EXAMINATION