

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

MAY 2012

3 HOURS (100 MARKS)

INSTRUCTIONS

Answer 4 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 the term psychology and show how its various subfields contribute to a total understanding of the discipline. [25 marks]

2. a) Define the term development and show the difference between qualitative and quantitative development in human psychology.
b) Quantitative development in human psychology. [12 marks]

3. a) Discuss any **three** problems that are likely to affect normal motor development from birth to adolescence. [15 marks]
b) What is the relevance of the study of motor skill problems to the Sports Science and Coaching Practitioner? [10 marks]

4. a) What is cognitive development? [5 marks]
b) Show how Piaget's theory gives a good picture of how the intellect develops from infancy to adulthood. [20 marks]

5. Evaluate the role of motivation in Sports psychology. [25marks]

6. a) Discuss any **one** personality theory that you have studied. [18 marks]
b) How does an understanding of that theory help you to be an effective Sports Practitioner? [7 marks]

END OF EXAMINATION