

# NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC1222

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE SUPPLEMENTARY EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

## **THEORY: SSC1222: INTRODUCTION TO PSYCHOLOGY**

AUGUST 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. a) How has our understanding of psychology change since the Roman times? [10 marks]
- b) Show how the various branches of psychology contribute to a total understanding of the discipline. [15 marks]
2. a) How is maturation different from learning? [10 marks]
- b) Discuss the view that heredity plays a greater role in shaping human development than the environment. [15 marks]
3. a) Discuss any **three** hazards that are likely to affect normal physical development of human beings from birth to adolescence. [15 marks]
- b) What is the relevance of these problems to the Sports Science and Coaching Practitioner? [10 marks]
4. a) According to Erick Erickson human beings experience several social challenges as they pass through adolescence and adulthood. Discuss these challenges and show their relevance. [25 marks]
5. a) Explain the following concepts in cognitive development:-
  - i) Schemata. [5 marks]
  - ii) Assimilation. [5 marks]
  - iii) Accommodation. [5 marks]

- iv) Adaptation. [5 marks]
  - v) Disequilibrium. [5 marks]
  
  - b) How do these concepts explain that learning has taken place? Is this theory relevant for Sports Science Practitioners? [10 marks]
6. a) Outline the main ideas learnt from the study of B. F. Skinner's theory of operant conditioning. [15 marks]
- b) How relevant is a study of this theory to a Sports Science Practitioner? [10 marks]

**END OF EXAMINATION**