

# NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC2208

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

## **THEORY: SSC2208: PSYCHOLOGY**

MAY 06

3 HOURS (100 MARKS)

### **INSTRUCTIONS**

Answer **four** questions only. Questions can be written in any order. 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) What is the difference between maturation and learning? (10 marks)  
b) Discuss the view that heredity plays a greater role in shaping human development than the environment. (15 marks)
2. Discuss any three hazards that may affect the normal physical development of human beings from infancy to adolescence. How can the negative impact of these hazards be reduced by the sports science and coaching practitioner? (25 marks)
3. Social development has its peculiar challenges during adolescence and adulthood. Discuss these challenges with special reference to Erik Erikson's theory of social and personality development. (25 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. a) Define motivation (5 marks)  
b) What is the difference between extrinsic and intrinsic motivation? (10 marks)  
c) Discuss the relevance of motivation to Sports Science and Coaching practitioners. (10 marks)
6. a) Define the term personality. (5 marks)  
b) Discuss Hans Jurgen Eysenck's personality theory and show its relevance to a Sports Science and Coaching practitioner. (20 marks)

**END OF EXAMINATION QUESTION PAPER**