

# NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC4103

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

## **THEORY: SSC4103: SPORTS PSYCHOLOGY**

FEBRUARY 2010

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. Outline guidelines that can be used for building motivation of athletes. (25 marks)
2. Discuss methods that sports coaches can employ to regulate arousal, stress and anxiety of soccer players. (25 marks)
3. Explain how a volleyball coach can create an effective team climate. (25 marks)
4. Write notes on the following:-
  - i) Social loafing (5 marks)
  - ii) Attribution theory (5 marks)
  - iii) Social facilitation (5 marks)
  - iv) Self-efficacy (5 marks)
  - v) Stress (5 marks)
5. Describe strategies for building self-confidence in an athlete. (25 marks)
6. Discuss the uses of imagery in sport settings. (25 marks)

**END OF EXAMINATION**