

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

JANUARY 2011

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) Discuss how coaches can utilise fundamentals of achievement motivation in sports practice. [25 marks]
- 2) Outline different ways of regulating arousal, stress and anxiety in sports settings. [25 marks]
- 3) a) Describe the Ringelmann's effect. [10 marks]
b) What implications for practice can coaches draw from Ringelmann's findings? [15 marks]
- 4) Outline strategies for building self-confidence in sports practice. [25 marks]
- 5) a) Using the four step process relating to how coaches expectations might influence their own and that of their athletes; a) what specific types of feedback would be used to keep expectations of athletes high? [13 marks]
b) How would you structure practices to help keep athletes' expectations high? [12 marks]
- 6) a) Discuss the three basic stages to consider in designing a goal setting system in sports practice. [15 marks]
b) Outline common problems in goal setting and show how these can be overcome. [10 marks]

END OF EXAMINATION