

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY

SSC4103

FACULTY OF APPLIED SCIENCES

BACHELOR OF SCIENCE HONOURS DEGREE SUPPLEMENTARY EXAMINATIONS

DEPARTMENT OF SPORTS SCIENCE AND COACHING

THEORY: SSC4103: SPORTS PSYCHOLOGY

AUGUST 2012

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. a) What are the basic categories of attribution theory. (13 marks)
- b) Discuss, how a coach's competence and motivational feedback influence athletes achievements in sport. (12 marks)
2. Explain how and why arousal and anxiety-related emotions affect sport performance. (25 marks)
3. a) As a coach how would you make some players realize that they are loafers? (13 marks)
- b) What strategies would you employ to reduce loafing? (12 marks)
4. Identify strategies sports consultants and coaches employ to increase group or harm cohesion. (25 marks)
5. Discuss how imagery influences sport performance. (25 marks)
6. Discuss Bandura's self-efficacy theory in relation to sports performance. (25 marks)

END OF EXAMINATION