

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY



SSC1222

FACULTY OF APPLIED SCIENCES

DEPARTMENT OF SPORTS SCIENCE AND COACHING

CONVENTIONAL AND BLOCK RELEASE PROGRAMME

SSC1222: INTRODUCTION TO PSYCHOLOGY

EXAMINATION QUESTION PAPER

OCTOBER 2024

This examination question paper consists of 2 pages

TIME ALLOWED: 3 HOURS
TOTAL MARKS: 100
SPECIAL REQUIREMENTS: NIL
EXAMINER'S NAME: Mr. E. Nhamo

INSTRUCTIONS

- 1) Answer any 4 questions.
- 2) Each question carries 25 marks.
- 3) Where a question contains subdivisions, the mark value for each subdivision is given in brackets.

MARK ALLOCATION

QUESTION	MARKS
1.	25
2.	25
3.	25
4.	25
5.	25
6.	25
TOTAL	100

1. (a) Describe the goals of Psychology. [10 marks]
(b) Examine the scientific steps which Psychologists follow to reduce the chances of coming to false conclusions. [15 marks]
2. Explain the concept of personality and describe two major personality theories. [25 marks]
3. (a) Discuss the role of self-confidence in athletic performance. [10 marks]
(b) In the context of Bandura's self-efficacy theory discuss the **four** sources where athletes can derive their self-efficacy from to enhance their performance. [15 marks]
4. Describe how you would use Maslow's Hierarchy of Needs to motivate your athletes. [25 marks]
5. (a) Bruner emphasized four characteristics of effective instruction which emerged from his theoretical constructs. Briefly discuss using practical examples from the sport context. [12 marks]
(b) Explain the stages of Piaget's theory of cognitive development. [13 marks]
6. With reference to intrinsic and extrinsic motivation, discuss the role of motivation in sports performance. [25 marks]

END OF EXAMINATION