

NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY



SSC2106

FACULTY OF APPLIED SCIENCES

DEPARTMENT OF SPORTS SCIENCE AND COACHING

CONVENTIONAL/BLOCK RELEASE PROGRAMME

SSC2106: SPORTS 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 N Sibanda

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) Critically evaluate the role of efficacy in athletic performance. (25marks)
- 2) Evaluate the difference between intrinsic and extrinsic motivation. (25marks)
- 3) Discuss the impact of leadership styles on team dynamics. (25marks)
- 4) Evaluate the role of mental toughness in coping with injury. (25marks)
- 5) Can excessive arousal lead to decreased performance? Discuss. (25marks)
- 6) (a) Team cohesion refers to social and psychological bond that unite team members, promoting a sense of unity, cooperation and collectiveness list and explain the components of cohesion. (10marks)
- b) What are the factors influencing team cohesion? (15marks)

**END OF EXAMINATION**