

# NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY



**SSC4106**

**FACULTY OF APPLIED SCIENCES**

**DEPARTMENT OF SPORTS SCIENCE AND COACHING**

**BACHELOR OF SCIENCE HONOURS DEGREE IN SPORTS SCIENCE AND COACHING**

**CONVENTIONAL/BLOCK RELEASE PROGRAMMES**

**SSC4106: APPLIED SPORTS PSYCHOLOGY**

**SPECIAL EXAMINATION QUESTION PAPER**

**MARCH 2025**

This examination question paper consists of 2 pages

TIME ALLOWED: 3 HOURS  
TOTAL MARKS: 100  
SPECIAL REQUIREMENTS: NIL  
EXAMINER'S NAME: MR M P D GUNDANI

## 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. Describe the psychological factors that affect athlete performance in sport. (25 Marks)
2. Explain the factors that enhance athlete performance in sport. (25 Marks)
3. Which are the ethical considerations in coach athlete relationships? (25 Marks)
4. What is the impact of psychological problems of athletes on sports performance? (25 Marks)
5. Explain the effects of athlete career transition on sports performance? (25 Marks)
6. Describe the impact of sport commercialisation on athlete performance? (25 Marks)

**END OF EXAMINATION**