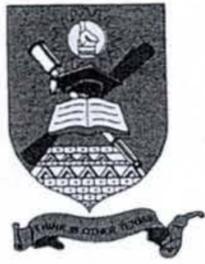


NATIONAL UNIVERSITY OF SCIENCE AND TECHNOLOGY



SSC5112

FACULTY OF APPLIED SCIENCES

DEPARTMENT OF SPORTS SCIENCE AND COACHING

MASTER OF SCIENCE IN SPORTS SCIENCE

SSC5112: SPORTS PSYCHOLOGY AND MOTOR LEARNING

EXAMINATION QUESTION PAPER

DECEMBER 2024

This examination question paper consists of 2 pages

TIME ALLOWED: 3 HOURS
TOTAL MARKS: 100
SPECIAL REQUIREMENTS: NIL
EXAMINER'S NAME: DR. J SIBINDI

INSTRUCTIONS

- 1) Answer any 4 question.
- 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 sports club invites you to work with the technical staff on improving team climate. Discuss how you will assist in developing a positive team climate. (25 Marks)
2. Motivation is critical in sports settings. A team is experiencing poor form with most players complaining of poor salaries and nonpayment. Their coach was fired due to poor results. A new coach invites you to address issues of low motivation.
 - a) Discuss the theories that will guide you in addressing issues of low motivation. (12 Marks)
 - b) Suggest how you will address the issues of low motivation among players. (13 Marks)
3. A rugby football manager comes to you seeking help with managing pressure. He has an idea that football is a pressure sport.
 - a) Examine the theories that can be used to explain choking under pressure. (12 Marks)
 - b) Suggest strategies that can be used to alleviate pressure on rugby footballers. (13 Marks)
4. A sports club invites you to design a motor skill development programme for under 12 players.
 - a) Suggest the programme and examine five performance characteristics typically observable as motor skill learning occurs. (15 Marks)
 - b) Discuss the importance of learning motor skills during early childhood. (10 Marks)
5. You are working for a Sports Consultancy Company and a club request that you present the rationale of the motor learning stages in teaching football skills.
 - a) In your presentation explain how the stages of motor learning influence skill acquisition. (10 Marks)
 - b) Suggest the implications of motor skills classification based on the demands they impose on the learner. In each case cite sports specific examples. (15 Marks)
6. A tennis player makes mistakes during her serve. She has challenges in maintaining strides and positioning to receive the ball. She acknowledges that her concentration is low during matches. Suggest strategies that you will use to help the player regain her concentration. (25 Marks)

END OF EXAMINATION