



**NAMIBIA UNIVERSITY
OF SCIENCE AND TECHNOLOGY
FACULTY OF COMMERCE, HUMAN SCIENCES AND EDUCATION**

DEPARTMENT OF MARKETING AND LOGISTICS

QUALIFICATION: BACHELOR OF SPORT MANAGEMENT	
QUALIFICATION CODE: 07BOSM	LEVEL: 6
COURSE CODE: SPP611S	COURSE NAME: SPORT PSYCHOLOGY
SESSION: JUNE 2022	PAPER: THEORY
DURATION: 3 HOURS	MARKS: 100

SECOND OPPORTUNITY EXAMINATION QUESTION PAPER	
EXAMINER(S)	MS. FORTUNATE SITHOLE (FT, PT & D)
MODERATOR:	DR MAXWELL CHUFAMA

INSTRUCTIONS
<ol style="list-style-type: none">1. This paper is divided into 3 sections.2. Answer ALL questions in section A3. Answer ALL questions in section B4. Answer any THREE (3) questions in Section C

THIS QUESTION PAPER CONSISTS OF _5_ PAGES (Including this front page)

SECTION A: Multiple Choice Questions

Answer ALL questions. Each Question carries two (2) marks

1. Which one of these represents intrinsic motivation?

- (A) Trophies
- (B) Medals
- (C) Enjoyment of the activity
- (D) Money

2. The energizing force that activates behavior and provides purpose and direction to that behavior is known as _____.

- (A) Motivation
- (B) Personality
- (C) Emotion
- (D) Perception
- (E) Needs

3. In Maslow's hierarchy of needs, food, water, sleep, are considered _____ motives.

- (A) Safety
- (B) Self-actualization
- (C) Physiological
- (D) Belongingness
- (E) Esteem

4. Which of the following is an indication of under-arousal?

- (A) Lack of energy
- (B) Increased heart rate
- (C) Constant movement
- (D) Butterflies in stomach

5. If I were intrinsically motivated, I would

- (A) Want to win at all costs
- (B) Like to get rewards for the amount of training I do
- (C) Like other athletes to notice and comment on my performances
- (D) See that the benefit of playing sport would impress my parents

6. An athlete who has a feeling of apprehension and nervousness before a grand final game, would

- (A) Be under aroused

- (B) Be optimally aroused
- (C) Have low trait anxiety
- (D) Have high state anxiety

7. The mental component of anxiety caused by such things as fear of negative social evaluation, fear of failure, and loss of self-esteem.

- (A) Somatic anxiety.
- (B) State anxiety.
- (C) Distress.
- (D) Cognitive anxiety.

8. Anxiety differs from arousal as:

- (A) Arousal cannot affect anxiety
- (B) Anxiety is more of an emotional state than arousal
- (C) Arousal affects performance
- (D) Anxiety affects performance

9. John is the starting center for his basketball team. Before a big game he has butterflies in his stomach and is breathing very rapidly. These symptoms refer to his:

- (A) Trait anxiety
- (B) State anxiety
- (C) Cognitive anxiety
- (D) Somatic anxiety

10. Trait anxiety refers to _____ anxiety, whereas state anxiety refers to _____ anxiety.

- (A) General; momentary
- (B) Momentary; general
- (C) Competitive; noncompetitive
- (D) Noncompetitive; competitive
- (E) None of the above

SECTION B: TRUE/ FALSE

Answer ALL questions. Each question carries two (2) marks.

1. Arousal is synonymous with the term activation and refers to the intensity level of behavior.
2. Introverts are more prevalent in team sports.
3. Extroverts are more prevalent in team sports.
4. Self confidence is the belief that an athlete can successfully perform a desired behavior
5. State self-confidence is the degree of certainty individuals usually have about their abilities to succeed
6. Over confidence often leads to good performance and positive results in sport.
7. Anxiety, mistakes and fatigue pose as barriers to an athlete's concentration during competitions.
8. Attending to too many cues at the same time during a competition improves concentration.
9. When goals are set by someone else other than oneself they are always difficult to accomplish
10. The self-determination theory, the expectancy theory, and the perceived competency theory are non-sport related theories of motivation.

SECTION C

Question 1 [20 marks]

- a. Outline any four theories of arousal. [8 marks]
- b. With the aid of diagrams, explain any 2 theories of arousal in sport. [12 marks]

Question 2 [20 marks]

- a. Explain the term “SMART” goals. [10 marks]
- b. Discuss the importance of goals in sport. [10 marks]

Question 3 [20 marks]

- a) Explain how the team dynamics, structure and norms influence the socio-psychological status of sport teams. [10 marks]
- b) Analyse the factors that affect the psychological climate of a sport team at any given time. [10 marks]

Question 4 [20 marks]

Discuss the role of psychology in athlete lifestyle management. [20 marks]

END OF SECOND OPPORTUNITY MEMORANDUM

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