



PAMIBIA 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

FIRST OPPORTUNITY EXAMINATION QUESTION PAPER	
EXAMINER(S)	MS. FORTUNATE SITHOLE (FT, PT & D)
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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 in this section. Each question carries two (2) marks.

1. Sport psychologists work with amateur and professional athletes to:
 - a. Improve performance and worsen psychological well-being.
 - b. Worsen performance and improve psychological well-being.
 - c. Worsen performance and worsen psychological well-being.
 - d. Improve performance and improve psychological well-being.

2. A sport psychologist's competencies include:
 - a. personality, confidence and intelligence quotient
 - b. confidence, motivation and personality
 - c. assessment techniques, frustration tolerance and professional relationships
 - d. emotional intelligence quotient, height and authority

3. Sport Psychology focus on:
 - a. Enhancing sport performance
 - b. Treating the mentally ill in sports
 - c. Elite athletes only
 - d. None of the above

4. When a coach directly praises the athlete so that the behaviour is repeated, they are:
 - a. showing acceptance.
 - b. offering specific praise.
 - c. giving personal attention.
 - d. providing feedback on performance.

5. Which of the following are negative effects of frustration?
 - a. aggression,
 - b. abandonment of the activity
 - c. apathy
 - d. All of the above

6. The two main types of cohesion in sport teams are:
 - a. Task cohesion and social cohesion
 - b. Family cohesion and national cohesion
 - c. Organizational cohesion and economic cohesion
 - d. Team cohesion and jurisdictional cohesion

7. 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

8. Which of the following are stages of team development in sport teams?
 - a. forming, storming, norming, performing
 - b. initiating, developing, growing, maturing
 - c. starting, confronting, reconciliation, friendship
 - d. warfare, confronting, peaceful coexistence, cohesion

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. The most common psychological elements to be prioritized during physical conditioning are
 - a. cohesion, motivation, emotional-volitive qualities
 - b. psychological disorders and mental toughness
 - c. sleeping disorders and anorexia
 - d. anxiety and panicking

SECTION B: True/False Questions

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

11. The structural characteristics of a sport team entails informal and formal relationships that are found in that team
12. Having a common goal to achieve that people buy into and invest in emotionally is one of the main purposes of team cohesion in sport
13. One of the most important aspects to consider when elaborating a psychological preparation plan is the diagnosis of the characteristics of the personalities, individual and collective, of the members of the team.

14. The psychological preparation process is a purely psychological process with no pedagogical elements included
15. A high level of development of specialized perceptions is required in all sport codes to ensure smooth execution of the technical and tactical actions specific to each sport.
16. Volitive qualities are critical in combat sports since these sports are purely individual.
17. The high level of difficulty of the actions in ball games does not require that the athlete develops a system of complex reactions
18. Athletes in endurance sports need to develop high level of aspirations that should stem from high motivation which will help them to confront and overcome the monotony and unfavourable states that often happen during training sessions
19. Motivation can be defined as a psychological process that initiates, guides, and maintains goal-oriented behaviors.
20. Goal setting is important in sport because it stimulates creativity and improves self-confidence

SECTION C: Essay Questions

Answer three (3) questions ONLY.

Question 1 [20 marks]

- a. Explain the two types of sport and their effect on sport performance. [8 marks]
- b. Discuss the main causes of stress for athletes in sport. [12 marks]

Question 2 [20 marks]

- a. Describe the two types of self-confidence in sport [4 marks]
- b. Outline the two types of overconfidence in sport [4 marks]
- c. Discuss the different techniques that can be used to develop self-confidence in athletes. [12 marks]

Question 3 [20 marks]

The coach of a basketball team believes that for the team to be successful, he needs the team to achieve cohesion. Assume you are a sport psychologist and the basketball coach consults you for assistance in developing team cohesion among his players.

Task:

- a) Describe the stages of development that a basketball team may go through to enable the transition from a group of individuals to a cohesive unit. [8 marks]

- b) Discuss the factors that may affect the process of the development of team cohesion in this team. [12 marks]

Question 4 [20 marks]

Assume you are a coach and one of your top athletes gets injured hence he has to miss the main competition.

- a) Outline the main symptoms of stress that he is likely to experience. [12 marks]
- b) Explain how psychological intervention strategies can help in the recovery process of this athlete and his return-to-play. [13 marks]

END OF FIRST OPPORTUNITY EXAMINATION

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