(University of Choice)

MASINDE MULIRO UNIVERSITY OF SCIENCE AND TECHNOLOGY (MMUST)

MAIN CAMPUS/UPGRADING

UNIVERSITY EXAMINATIONS

MAIN EXAMINATION

2022/2023 ACADEMIC YEAR

SECOND YEAR SECOND SEMESTER

EXAMINATIONS FOR THE DEGREE IN HEALTH PROMOTION AND SPORT SCIENCE

COURSE CODE: HSS 209/HPS 210

COURSE TITLE: PSYCHOLOGY OF SPORT AND EXERCISE.

DATE: MONDAY, 24TH.APRIL, 2023 **TIME:** 8.00-10.00 A.M

INSTRUCTIONS TO CANDIDATES:
ANSWER QUESTION ONE AND ANY OTHER TWO QUESTIONS.

TIME: 2 Hours

MMUST observes ZERO tolerance to examination cheating

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ANSWER QUESTIONS one and any other two.

1 a) Explain the relevance of the following as used in sports psychology
- i) Goal Setting (**2mks**)
- ii) Coping with injury (**2mks**)
- iii) Relaxation and concentration (**2mks**)
- iv) Self talk (**2mks**)
- v) Visualization (**2mks**)

b) Discuss briefly factors that can aggravate aggression in sports. (**10 marks**)

c) Discuss five factors that affect emotional development. (**10 marks**)

2. a) Elaborate on any five ego defence mechanism that all-winning team may give on losing a

Crucial competition. (**10 marks**)

b) Illustrate the Maslow hierarchy of needs and show a sports practitioner can apply his Suggestions in enhancement of physical activities and sports. (**10 marks**)

3 a) what are the causes and symptoms of anxiety in sports? (**10 marks**)

b) Explain the following terminologies used in Psychology of sports
i) Motivation ii) Arousal iii) Personality iv) Assertiveness (**10 marks**)

4 a) Explain the contribution of the following schools of thought in sports and exercise
i) psychology i) Behavioural ii) Cognitive iii) Psychodynamic iv) Humanistic (**10 marks**)

b) A person's commitment to sport may be affected by their attitudes. Suggest ways that a psychologist could help a performer improve their attitudes towards involvement with a team. (**10 marks**)

5 a) Give reasons why it is important to gain knowledge in human growth and development.

b) Highlight five sports –related pain management techniques. (**10 marks**)