

**BINDURA UNIVERSITY OF SCIENCE EDUCATION**

**FACULTY OF SCIENCE AND ENGINEERING**

**DEPARTMENT OF SPORTS SCIENCE**

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

**SSM 224: SPORT PSYCHOLOGY (1)**

**3 HOURS: 100 MARKS**

**Instructions to candidates**

*Answer two questions from Section A and two questions from section B*

JUN 2023

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**SECTION A**

**QUESTION 1**

- a) Define sport psychology [5 marks]
- b) Explain the importance of sport psychology in the sporting industry [15 marks]

**QUESTION 2**

- a) Describe the psychological structure of technical skills. [6 marks]
- b) Explain the psychological elements that should be prioritised during the technical preparation phase of the training programme in junior sport. [14 marks]

**QUESTION 3**

Analyse the general psychological demands of ball games that one has to dominate in order to obtain success. [20 marks]

## **SECTION B**

### **QUESTION 4**

Assume that you are the captain of a cricket team. Your friend is under a lot of stress as he is not able to take even a single wicket in cricket match series.

**Task:**

Suggest ways by which you can help him to come out of stress. [30 marks]

### **QUESTION 5**

Participation in sport results in an all-round development of the human personality.

Discuss with reference to examples. [30 marks]

### **QUESTION 6**

After observing some challenges with interpersonal relationships among his players on and off the court, the coach of a basketball team believes that for the team to be successful, he needs to encourage team cohesion.

**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. [16 marks]
- b) Discuss the impact of social cohesion and task cohesion on team performance. [14 marks]

**END OF PAPER**