

BINDURA UNIVERSITY OF SCIENCE EDUCATION

FACULTY OF SCIENCE AND ENGINEERING

DEPARTMENT: SPORTS SCIENCE

MASTER OF SCIENCE DEGREE IN SPORTS SCIENCE

SS501: SPORTS PSYCHOLOGY AND MOTOR LEARNING

DURATION: 3 HOURS

TOTAL MARKS: 100

(Plus 15 Minutes for Practical Preparation/Case Reading)

MAR 2023

**INSTRUCTIONS TO CANDIDATES**Section A is **compulsory**.Answer **three** questions from Section B.

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**Section A**

1. Brian is the starting point guard for his country's national basketball team. In a game a few months prior to the World cup games, Brian missed two free throws in the closing seconds of a game that would have allowed his team to win. Immediately after that experience, Brian's confidence at the free throw line plummeted and his shooting percentage dropped from 90% to 55%. With the Games coming up in a few months, the coaches were concerned and told Brian that he may lose his starting position because the point guard must be able to make free throws in the closing minutes of tight games. Brian then put additional pressure on himself and his shooting slump worsened. In talking with Brian, it became apparent that she had fixated on the key missed free throws when her team lost. His images and self-talk had become negative and less controllable, and his attentional focus at the line was inward as she was paralysed into controlled processing (thinking about how to shoot) as opposed to allowing her shot to flow freely through automatic processing. He had lost his belief in himself to make free throws, particularly in critical situations.

- a) Suggest the coach's role in the intervention programme to improve Brian's free throw performance  
(15 Marks)
- b) Suggest the intervention programme that a sports psychologist can administer to alleviate Brian's challenges  
(25 Marks)

**Section B.**

2. a) Discuss Fitts and Posner three stage model and suggest implications for coaching practice (10 Marks).
- b) Discuss the forms of motor learning that guide practice during training of athletes. (10 Marks)
3. You are a volleyball/tennis coach of a club. Your players are not improving or progressing technical, tactical and physically. They are more concerned with winning and comparison to others.
- a) Discuss the types of goals you would encourage them to focus on and state at least 5 goals for each (10 Marks)
- b) Describe the goal setting process that will enable you and your athletes to come up with goals (10 Marks)
4. a) Discuss the process of motor control in initiating an activity (10 Marks).
- b) Suggest the factors that influence motor learning (10 Marks)
5. Discuss the influence and implications for practice of the following motor learning theories:
- a) Adams closed loop (10 Marks)
- b) Schmidt Schema (10 Marks)
6. a) Examine the motor control function. (10 Marks)
- b) Discuss the explanations proffered by the following motor control theories: i) Reflex Theory (4 Marks)
- ii) Dynamical Systems Theory (6 Marks)

**END OF PAPER**