

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

3 HOURS: 100 MARKS

TOTAL: 100 MARKS

Instructions to candidates

APR 2025

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

SECTION A

QUESTION 1

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

QUESTION 2

Discuss any four (4) psychological demands of combat sports that one has to master in order to obtain success. [20 marks]

QUESTION 3

Analyse the importance of understanding the different personality traits to a coach. Give relevant examples. [20 marks]

SECTION B

QUESTION 4

Lony is an outstanding football striker who has scored almost 70% of the goals the team has obtained during the season. Unfortunately, during big games Lony tends to become too "psyched up" or over-aroused and often misses the chances or penalties awarded to his team. When he is under pressure, he often loses the ball to the defenders' interceptions and he even reports not seeing the defenders when they swiftly intercept the ball right in front of him.

Task:

- a) Describe the emotional state that Lony experiences during big games. [7 marks]
- b) Discuss the strategies that could be used to help Lony maintain an optimal arousal level during big games. [15 marks]
- c) Outline any four (4) post-competitive emotional states that may have an effect on subsequent competitive encounters. [8 marks]

QUESTION 5

During the preseason period, a basketball team coach with adolescent players chooses to focus the training sessions on physical conditioning. After a few sessions he notices that the morale among the team was very low, most players were either coming late to the sessions, absenting themselves or presenting excuses as a way of avoiding participating in the exercises. The players were no longer collaborating with each other during the training sessions and they were constantly quarrelling in the gym. Therefore, he decided to consult a sport psychologist to solve these problems.

Task:

Assume you are the sport psychologist consulted by the basketball coach;-

- a) Outline any five (5) common negative effects of physical conditioning to adolescent athletes. [5 marks]
- b) Elaborate on the advice that you would give to the coach on how to address these problems with his team. [10 marks]
- c) Discuss the psychological elements that the coach should prioritise during this training period. [15 marks]

QUESTION 6

Lilly Whitehead is a renowned hockey player with a couple of Olympic medals. She has been celebrated nationwide for her well-merited triumphs. She gets a bad injury on her leg during her final training sessions in preparation for the Hockey World Cup which she already qualified for. She can no longer participate in the world cup.

Task:

- a) Discuss the psychological symptoms of the injury that Lilly is likely to experience. [15 marks]
- b) Assume you are Lilly's sport psychologist, which psychological intervention strategies would you utilize during her recovery and return-to-play. [15 marks]

END OF PAPER