



MANICALAND STATE UNIVERSITY OF APPLIED SCIENCES

FACULTY OF AGRIBUSINESS AND APPLIED SOCIAL SCIENCES

APPLIED PSYCHOLOGY DEPARTMENT

PSYCHOLOGY AND SPORT

CODE: HPSY422/SSPS 225

SESSIONAL EXAMINATIONS

APRIL 2024

DURATION: 3 HOURS

EXAMINER: MR.E DONDO

INSTRUCTIONS

- 1. Answer any **FOUR** questions*
- 2. Total marks **100**.*

Question 1

As a sport psychologist, examine any **four** factors that contribute to mental strength in any sport of your choice. **(25marks)**

Question 2

‘Sport can be used to curb drug and substance abuse and promote reduction in social delinquencies.’ Discuss this assertion using Bandura’s Social Learning Theory. **(25 marks)**

Question 3

Explore the link between sporting aggression and sporting success. **(25marks)**

Question 4

Zimbabwe National Soccer team has been suffering from numerous defeats emanating from team segregation, revolt, poor coordination and lack of commitment; from both players and coaches and this led to both parties being anxious and stressed (Magonde & Nhamo, 2012). As a Psychologist, what measures will you implement to help players and coaches deal with stress and anxiety.

(25 marks)

Question 5

Justify the assertion that sport changes people’s attitudes. **(25 marks)**

Question 6

Examine the utility of any **three** motivational theories in sporting. **(25marks)**

END OF EXAMINATION