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#### MANICALAND STATE UNIVERSITY OF APPLIED SCIENCES

FACULTY OF APPLIED SOCIAL SCIENCES

**PSYCHOLOGY DEPARTMENT**

**PSYCHOLOGY AND SPORTS**

**CODE: HPSY 422**

### SESSIONAL EXAMINATIONS

**DECEMBER 2022**

**DURATION: 3 HOURS**

**EXAMINER: MR T. SIBANDA**

## INSTRUCTIONS

*1. Answer any* ***FOUR*** *questions.*

*2. Total marks* ***100****.*

**Question 1**

“Sport is played with the body but it is won in the mind” Discuss. **(25 marks)**

**Question 2**

Examine the utility of the goal setting theory in sport. **(25 marks)**

**Question 3**

Using the social learning theory, outline how drug and substance abuse behaviour may be modified using sports. **(25 marks)**

**Question 4**

Discuss the implications of group dynamics in sports. **(25 marks)**

**Question 5**

Outline measures and strategies you will use to deal with an athlete going through performance anxiety on the eve of a major sporting event. **(25 marks)**

**Question 6**

Using personality theories and relevant examples, discuss how sport personalities have influenced development in their communities. **(25 marks)**

**END OF EXAMINATION**