



# MANICALAND STATE UNIVERSITY OF APPLIED SCIENCES

FACULTY OF AGRIBUSINESS AND APPLIED  
SOCIAL SCIENCES

APPLIED PSYCHOLOGY DEPARTMENT

PSYCHOLOGY AND SPORTS

CODE: HPSY 422/SSPS 225

SESSIONAL EXAMINATIONS

JUNE 2023

DURATION: 3 HOURS

EXAMINER: MS N. MUTONGORENI

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## ***INSTRUCTIONS***

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

**Question 1**

Examine any **four** factors that contribute to mental strength in any sport of your choice.

**(25 marks)**

**Question 2**

Discuss any four factors that may cause anxiety in athletes. For each factor identified, explain how anxiety may be resolved.

**(25 marks)**

**Question 3**

With aid of clearly defined examples, examine the cognitive appraisal model of injury reaction in sports.

**(25 marks)**

**Question 4**

You have been asked to give a motivational speech to the Zimbabwe Olympic team, using the Goal Setting theory, discuss the major issues you will highlight to the athletes.

**(25marks)**

**Question 5**

A team in Zimbabwe Premier Soccer league performed badly because of revolt, lack of team co-ordination, player indiscipline and you have been asked by the team to help them rebuild. Discuss measures you would use as a Psychologist to help build and improve team spirit.

**(25 marks)**

**Question 6**

With aid of examples, explain how gender discrimination may be addressed by sports using the following criteria;

- a) Attention **(6 marks)**
- b) Retention **(6 marks)**
- c) Reproduction **(6 marks)**
- d) Reinforcement **(7 marks)**

**END OF EXAMINATION**