



# MANICALAND STATE UNIVERSITY OF APPLIED SCIENCES

## FACULTY OF AGRIBUSINESS AND APPLIED SOCIAL SCIENCES

APPLIED PSYCHOLOGY DEPARTMENT

PSYCHOLOGY AND SPORTS

CODE: SSPS 225

SESSIONAL EXAMINATIONS

DECEMBER 2023

DURATION: 3 HOURS

EXAMINER: MR E.T. DONDO

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### ***INSTRUCTIONS***

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

**Question 1**

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

**Question 2**

Explore how sports changes people's attitudes? **(25 marks)**

**Question 3**

Explain how any three motivational theories of your choice can enhance athlete's performance. **(25 marks)**

**Question 4**

With the aid of examples, discuss the relationship between gender identity and sporting participation. **(25 marks)**

**Question 5**

'Sports influences social cohesion and promote reduction in social delinquencies.' Discuss this assertion using Albert Bandura's Social Learning Theory. **(25 marks)**

**Question 6**

Stress and anxiety are common in athletes' lives. As the Sports Psychologist, what measures will you put in place to address factors that cause stress and anxiety in athletes? **(25 marks)**

**END OF EXAMINATION**