



UNIVERSITY OF JOHANNESBURG

NOVEMBER 2015

COURSE: BA (SPORT PSYCHOLOGY) **TIME:** 120 MIN
QUESTION PAPER: SPORT PSYCHOLOGY 2B **MARKS:** 100
SUBJECT CODE: SPS2B21/SPSBB22
EXAMINER: MRS FH KALDINE

THIS PAPER CONSISTS OF TWO (2) PAGES

1. ANSWER **ALL** THE QUESTIONS IN SECTION A
 2. ANSWER ANY **TWO (2)** OF THE THREE QUESTIONS IN SECTION B
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SECTION A (30)

QUESTION 1 (10)

Discuss Individual performance in Team Sports. Make reference to Steiner's Model, the Ringelmann Effect and Social Loafing.

QUESTION 2 (10)

Discuss the use of sociograms to measure group cohesion.

QUESTION 3 (10)

Define leadership and explain the difference between leaders and managers. What are the functions of leaders and how are leaders chosen?

SECTION B (70)

QUESTION 1 **(35)**

- 1.1. You are an exercise leader and you want to build a team climate in your class because you believe that this will increase people's desire to attend class and participate. What kind of things would you do (and why) to help this sense of team unity (team climate)? (20)
- 1.2. Explain and compare three theories of group development. (15)

QUESTION 2 **(35)**

You have been invited by a school to give a talk on team cohesion with their coaches

- 1.1. Define team cohesion and factors associated with cohesion (20)
- 1.2. Discuss the major guidelines to build team cohesion that you would include in your talk. (15)

QUESTION 3 **(35)**

Discuss the Interactional Approach to Leadership. In addition discuss two specific Sport Oriented Interactional Approaches: the Cognitive-Mediational and Multidimensional Models of Sport Leadership. Include practical examples.

TOTAL [100]

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