



EXAMINATION

PROGRAM : HUMAN MOVEMENT STUDIES
MODULE NAME : SPORT PSYCHOLOGY (PAPER 2)
MODULE CODE : SPP 03A3 / HMS 2AB3 / MBK 3A02
DATE : JUNE 2016
DURATION : ONE AND A HALF (1.5) HOURS
TOTAL MARKS : 75 MARKS

EXAMINER : MS. K. RICHARDS
MODERATOR : MS. L. KLAASEN
NUMBER OF PAGES : TWO (2) PAGES

INSTRUCTIONS TO CANDIDATES:

1. ANSWER ALL THE QUESTIONS.
 2. ANSWER QUESTION 1 AND 2 IN ONE BOOK AND QUESTION 3, 4, AND 5 IN A SEPARATE BOOK.
 3. HAND IN YOUR ANSWER SHEET AS WELL AS YOUR QUESTION PAPER AT THE END OF THE EXAMINATION.
-

QUESTION 1

During your first three sessions with an athlete you pick up that the problems this sportsperson has been reporting regarding training and competition appear to be due to the their struggle to focus and concentrate effectively. As a sport psychologist what practical concentration techniques could you supply your client in order to help them increase and better their concentration? Supplement your answer with examples.

[15]

QUESTION 2

- 2.1. Name and provide a short definition for each of the different types of imagery that can be used in sport. [5]
- 2.2. Discuss the five (5) features of mental imagery and how they apply to a sporting environment. [10]

QUESTION 3

An athlete with a perfectionist personality trait seeks your guidance and advice on how to manage his/her mistakes more effectively during play and competitions.

Write an essay in which you provide a definition for perfectionism and discuss the dangers of having a perfectionistic personality trait. As this athlete's psychologist, what suggestions could you provide in order to re-frame the athletes setbacks? [15]

QUESTION 4

Critically discuss the five (5) factors which contribute to our understanding of team dynamics. Ensure that you supplement your answer with relevant questions that should be asked when using these factors to determine team cohesion and spirit.

[20]

QUESTION 5

Name and provide a short discussion of the guidelines you would give to a coach/captain who would like to improve his/her leadership skills and techniques?

[10]

TOTAL: 75 MARKS