



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2011/2012

SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE IN SPORTS SCIENCE

SSS 105: PSYCHOLOGY OF SPORT AND EXERCISE

DATE: Wednesday 28th March, 2012

TIME: 11.00 a.m. – 1.00 p.m.

INSTRUCTIONS

Answer Question ONE (Compulsory) and any other TWO questions.

1. a) Through the comparison of trait and social learning personality theories, justify whether a set sport personality exists. [20 marks]
 b) Elaborate on the relationship between personality type and participation and performance in sports. [10 marks]
2. a) Explain the theoretical relationship between arousal and sport performance using the inverted U hypothesis. [5 marks]
 b) Discuss the psyching up techniques that are frequently used to increase arousal levels for competition. [15 marks]
3. a) Using examples, differentiate two theories of motivation that explain behaviour in sports performance. [10 marks]
 b) Identify strategies that can be used to maintain and increase motivation in an U13 girls netball team. [10 marks]
4. a) Elaborate on the causes of stress during a major soccer match. [10 marks]
 b) Evaluate the strategies that can be adopted to control aggression in sports. [10 marks]
5. a) Differentiate between social cohesion and task cohesion in relation to successful sporting performance. [4 marks]
 b) Analyse the factors that could affect the cohesion of the Kenyatta University's Pirates basketball team in the pursuit of its goals and objectives. [16 marks]

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