



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2008/2009

SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE (SPORTS SCIENCE)

SSS 105: PSYCHOLOGY OF EXERCISE AND SPORT

DATE: Tuesday 31st March, 2009

TIME: 8.00 a.m. – 10.00 a.m.

INSTRUCTIONS

Answer any **THREE** questions. Answer each question in a separate booklet.

1. Define and briefly explain the history of exercise and sport psychology.
[23.3 marks]
2. Outline the psychological skills in applied exercise and sport psychology.
[23.3 marks]
3. Explain the dispositional approaches of personality in relation to exercise and sport psychology.
[23.3 marks]
4. Explain stress and the stress process and its applications to exercise and sports using McGrath's stress process model.
[23.3 marks]
5. Outline fundamental exercise and sports psychology tools.
[23.3 marks]

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