



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2009/2010

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

SSS 306: STRESS MANAGEMENT IN RECREATION AND SPORTS

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DATE: MONDAY 21ST DECEMBER 2009

TIME: 2.00 P.M. – 4.00 P.M.

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INSTRUCTIONS

Answer Any Three (3) Questions.

Question One

- a) With an aid of a flow chart and examples, describe the stress process. (10 marks)
- b) Explain the 'physiological toughening theory' as it relates to stress as inoculator in sports. (13 marks)

Question Two

- a) Using examples, describe the primary and secondary appraisals' views of stress as given by Lazarus et al (1984). (8 marks)
- b) Using examples, discuss the personal and situational sources of stress in leisure, recreation and sports. (15 marks)

Question Three

- a) Analyse the general adaptation syndrome as related to stress in recreation and sports. (15 marks)
- b) Expound on signs and symptoms of stress in athletes. (8 marks)

Question Four

Discuss the effects of stress and related disorders on health and wellness of participants in sports organizations. (23 1/3 marks)

Question Five

Discuss strategies and interventions of stress reduction and management in sports organizations. (23 1/3 marks)