

**G C FOSTER COLLEGE OF PHYSICAL EDUCATION AND SPORT**  
**ASSOCIATE DEGREE IN COACHING**  
**JANUARY 2021 EXAMINATION**

**SPORTS PSYCHOLOGY**

**[CO214ASC]**

**YEAR 2**

**DURATION: 2 ½ HOURS**

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**INSTRUCTIONS: Answer ALL questions from Section A, and ALL from Sections B and ANY TWO from section C.**

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**DO NOT TURN OVER UNTIL YOU ARE TOLD TO DO SO**

**SECTION A [20 marks]**

**Circle the letter beside the best answer**

1. The direction of effort is best described as:
  - a) How much effort a person puts forth in a particular situation
  - b) How a person sees himself in a period of time
  - c) Where a person wants to go in the future
  - d) Whether a person seeks out, approaches, or is attracted to certain situations.
  
2. How can motivation be best described?
  - a) Is a trait-centered view
  - b) The way one feels about him or herself
  - c) The direction and intensity of effort
  - d) Is a situation-centered view
  
3. Personal factors that can affect motivation are:
  - a) Personality, Needs, Leader style, Interest
  - b) Team win-loss record, Facility, Leadership style, Goals
  - c) Goals, Personality, Needs, Interest
  - d) Facility, Team win-loss record, Needs, Goals
  
4. This motivational theory says: "Five components make up this theory and it considers both personal and situational factors as important predictors of behavior".
  - a) Attribution
  - b) Need Achievement
  - c) Competence Motivation
  - d) Drive
  
5. Which of the following is a correct statement on the inverted U theory?
  - a) Each person has a zone where they perform best
  - b) Best performances result at a optimal point of arousal
  - c) The performer must be over aroused to perform
  - d) Performance occur only when the athlete is not worried
  
6. Leadership could best be described as:
  - a) The behavioral process of influencing individuals and groups towards set goals
  - b) Forcing people to do what is best
  - c) Allowing people to make any choice
  - d) Choosing the direction that the group takes

7. An example of non-verbal message cues is:
  - a) Posture
  - b) Speech
  - c) Rambling
  - d) Crying
  
8. Which purpose can Self talk be used for?
  - a) Decrease performance
  - b) Skill Acquisition
  - c) Increase Tension
  - d) Increase heart rate
  
9. Which of the following is not a factor mentioned in the Need Achievement Theory?
  - a) Personality Factors
  - b) Situational Factors
  - c) Task Orientations
  - d) Resultant Tendencies
  
10. Which of the following is best used to motivate an athlete
  - a) Stress, Fear, Rewards
  - b) Team Interaction, Praise, anxiety
  - c) Encouragement, Rewards, Praise
  - d) Fun, visual Imagery, Stress
  
11. Which of the following does NOT contribute to a group becoming a team?
  - a) Forming
  - b) Storming
  - c) Loafing
  - d) Performing
  
12. A principle of goal setting is to
  - a) Set unrealistic goals
  - b) Provide evaluation and feed back about goals
  - c) Set lower standards to achieve
  - d) Let the athlete set his own goals without help

13. Four components of effective leadership are?
- a) Leader qualities, Leadership style, Situational factors, Followers' qualities
  - b) Leadership Style, Leader's colour, Religion, Background
  - c) The followers habits, shows authority, Autocratic, shows cohesion
  - d) Gender, Consequence, Age, Nationality
14. Interpersonal communication involves at least:
- a) 1 person
  - b) 3 persons
  - c) 4 persons
  - d) 2 persons
15. The One-Way Communication process in the correct order
- a) Decision to send, encoding, channeling, decoding
  - b) Decoding, decision to send, encoding, channeling
  - c) Channeling, encoding, decision to send, decoding
  - d) Encoding, channeling, decoding, decision to send
16. One way of preventing aggressive behavior is by:
- a) Win at all cost
  - b) Use of Penalties
  - c) Abusing of rules
  - d) Cheating smartly
17. Which level of personality is constant and internal?
- a) Typical Responses
  - b) Psychological core
  - c) Role Related behaviors
  - d) The Interactional
18. The inverted "U" Hypothesis basically says:
- a) As arousal levels increase; so too does performance to a optimal point
  - b) Low arousal will give high performance
  - c) High performance will come with over-arousal
  - d) As arousal levels increase; the performance will decrease up to an optimal point

19. What is situation centered motivation?
- a) Motivation that is caused by the persons characteristics
  - b) Motivation that is caused by the environment
  - c) Motivation that is caused by participant factors
  - d) Motivation caused by both characteristics and environment
20. Which of the following is NOT a criterion for aggression?
- a) It is directed towards a living organism
  - b) It involves intent
  - c) It involves harm or injury
  - d) It is an emotion

**SECTION B (40 marks)**

**All answers in this section should be written in the answer booklet provided.  
Do ALL questions.**

1. Define the term Sport and exercise psychology. (4 marks)
2. Identify the THREE typical views of motivation. (3 marks)
3. Identify THREE major sources of anxiety and stress. (3 marks)
4. Name TWO main types of motivation? (2 marks)
5. Describe what makes up personality. (4 marks)
6. What is the usefulness of arousal in the sporting environment? (3 marks)
7. Contrast the definition of a team to that of a group. (4 marks)
8. Define the following terms: a) Overtraining b) Burnout c) Staleness (3 marks)
9. Give TWO characteristics of Staleness and TWO of Burnout (4 marks)
10. Give THREE guidelines for building motivation. (3 marks)
11. Name TWO theories of motivation. (2 marks)

12. List THREE factors that can contribute to an effective team climate. (3 marks)
13. List Two causes of spectator violence (2 marks)

### SECTION C

**Do Question ONE and ANY other from this section**

1. a) Define Personality (2 marks)  
b) state and explain the different levels of Personality. (6 marks)  
c) Give three (3) viewpoints (approaches) of personality and explain two. (12 marks)
2. (a) List FOUR theories of achievement motivation. (4 marks)  
(b) Identify THREE general views of motivation and explain ONE. (8 marks)  
(c) Explain the Locus of Causality and Locus of Control as contained in the Attribution Theory. (8 marks)
3. a) Define aggression and list two (2) kinds of aggression (4 marks)  
b) List and explain FOUR strategies that could be used to prevent aggression in sport. (16 marks)
4. a) Define stress and list in order the four stages in the stress process. (4 marks)  
b) Explain the Inverted-U theory and the IZOF theory, outlining the main differences between both. (16 marks)

**END OF EXAMINATION**