

**G.C FOSTER COLLEGE OF PHYSICAL EDUCATION AND SPORT  
ASSOCIATE DEGREE IN SPORT MASSAGE AND SPORT FITNESS**

**MAY 2022 EXAMINATION**

**PSYCHOLOGY**

**YEAR 2**

**DURATION: 2 ½ HOURS**

Instructions:

Answer ALL question in Section A and B and any TWO questions from section C.

**DO NOT TURN THIS PAGE OVER UNTIL TOLD TO DO SO**

**SECTION A- Multiple Choice**  
**25 marks**

1. Psychology is defined as:
  - a. Study of moons and stars
  - b. Study of mind and behavior
  - c. Study of how the human body works
  - d. Study of human societies
  
2. The following are goals of psychology EXCEPT:
  - a. To describe
  - b. To explain
  - c. To investigate
  - d. To change
  
3. William Wundt is the pioneer of the following approach of psychology:
  - a. Functionalism
  - b. Humanism
  - c. Structuralism
  - d. Behaviorism
  
4. Sigmund Freud was the founder of which paradigm of psychology:
  - a. Psychoanalysis
  - b. Behaviorist
  - c. Humanistic
  - d. Cognitive revolution
  
5. Psychology is important in:
  - a. Building relationships
  - b. Exposing peoples lives
  - c. Making people depressed
  - d. None of the above
  
6. The Central nervous system consists of:
  - a. The spinal cord and nerves
  - b. The spinal cord and brain
  - c. The brain and neurotransmitters
  - d. Neurons and spinal cord
  
7. The nervous system is divided into:
  - a. 4 parts
  - b. 3 parts
  - c. 5 parts
  - d. None of the above

8. The PNS consists of:
  - a. White matter
  - b. Blue matter
  - c. Black matter
  - d. Grey matter
  
9. The brain composes of all the following EXCEPT:
  - a. Cerebrum
  - b. Cranial nerves
  - c. Cerebellum
  - d. Brain stem
  
10. The Cerebrum is divided into the following amount of lobes:
  - a. 5
  - b. 4
  - c. 3
  - d. 6
  
11. A healthy balance between initiative and guilt is important. Success in the stage of initiative vs guilt leads to the virtue of:
  - a. Hope
  - b. Purpose
  - c. Will
  - d. Competence
  
12. One function of the frontal lobe is for:
  - a. Understanding language
  - b. Memory
  - c. Concentration
  - d. Sequencing and organization
  
13. By failing to achieve objectives in the stage of generativity vs stagnation, we become \_\_\_\_\_ and feel unproductive:
  - a. Independent
  - b. Mistrustful
  - c. Unpredictable
  - d. Stagnant
  
14. The \_\_\_\_\_ is identity vs role confusion where teenagers are deciding their personalities through an intense exploration of personal values, beliefs and goals:
  - a. Fifth stage
  - b. First stage
  - c. Eighth stage
  - d. Sixth stage

15. People engaging in unsafe sexual practices cope with the unpleasant possibility of contracting AIDS/STD's by claiming "it won't happen to me". Which ego defense mechanism is used?
- Compensation
  - Reaction formation
  - Denial
  - Sublimation
16. The two kinds of cells in the nervous system are \_\_\_\_\_, which receive and transmit information to other cells, and \_\_\_\_\_, which do not transmit information:
- neurons, glia
  - glia, hypoglia
  - glia, neurons
  - neurons, corpuscle
17. The Ego defense mechanism in which a person who is confronted with anxiety, returns to an immature behavioural stage is called:
- Repression
  - Displacement
  - Projection
  - Regression
18. This system controls everything you do:
- Respiratory system
  - Nervous system
  - Endocrine system
  - Musculoskeletal system
19. The operant conditioning principle was developed by:
- Ivan Pavlov
  - BF Skinner
  - Erik Erikson
  - Albert Bandura
20. People learn to respond in particular ways by watching other people, who are called models. Which learning theory is this speaking to?
- Behaviourism
  - Social-Cognitive
  - Constructivism
  - None of the above

21. \_\_\_\_\_ refers to the minimum amount of stimulus energy required to be detected 50% of the time:
- Transduction
  - Difference threshold
  - Absolute threshold
  - Just noticeable difference
22. \_\_\_\_\_ helps people identify and change thinking and behaviour patterns that are harmful or ineffective, replacing them with more accurate thoughts and functional behaviours:
- Interpersonal therapy
  - Dialectical therapy
  - Cognitive Behavioural therapy
  - Supportive therapy
23. \_\_\_\_\_ uses guidance and encouragement to help patients develop their own resources:
- Supportive Therapy
  - Psychoanalysis Therapy
  - Psychodynamic Therapy
  - Interpersonal Therapy
24. The scientific study of how people's thoughts, feelings, and behaviours are influenced by the actual, imagined, or implied presence of others is known as:
- Psychoanalysis
  - Psychotherapy
  - Social Psychology
  - None of the above
25. Which of the following researchers believed that humans were naturally sociable, a necessity which allows up to live together?
- Hegel
  - Lazarus & Steinthal
  - Aristotle
  - Plato

**SECTION B- Short Answer**  
**30 marks**

1. Define the term motivation

(2 marks)

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2. What is biopsychology?

(2 marks)

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3. Personality can be defined as

(2 marks)

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4. The ability (or lack of) to think, learn and memorize is known as

(1 mark)

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5. Temperament is

(1 mark)

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6. Identify and explain two importance of personality development

(8 marks)

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7. Explain the difference between sensation and perception (4 marks)

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8. Identify and describe any two relaxation techniques (6 marks)

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9. Social psychology can be defined as (2 marks)

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10. Identify TWO therapy providers (2 marks)

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**SECTION C- Answer any TWO questions**  
**40 marks**

**Question 1**

Psychotherapy also known as talk therapy is a general term used for treating persons with mental health problems or disorders.

- a) Identify and explain the main features of ANY TWO disorders that your clients may suffer from. **(2 x 1 + 2 x 4 = 10)**
- b) As a psychologist, list and explain TWO psychotherapy treatment options that can be used to treat the disorders identified and explain why these options are best suited to treat options. **(2 x 4= 8)**

Language and organization **(2 marks)**

**Question 2**

- a) Internal as well as external factors/conditions impact people's behaviour negatively of positively; provide suitable justification why a massage Therapist or a Fitness Instructor should ensure that his or her client develop a high level of self-efficacy. **(4 marks)**
- b) Relaxation and hypnosis can impact an individual's state of mind: Suggest three suitable relaxation technique that you could use in your field of study to produce rewarding outcome for your client and give reason for your choice. **(12 marks)**

Language and organization: **(2 marks)**

Reference: **(2 marks)**



Question 3

- a) State the four methods used to modify behaviour in the operant conditioning and give examples of how each can be used in your field of study. (4 marks)
- b) Also discuss in your answer the four schedules of reinforcement, describing the likely response pattern associated with each. (4 x 3= 12 marks)
- Language and organization (2 marks)
- Reference (2 marks)

**END OF EXAMINATION**

Question 3

- a) State the four methods used to modify behaviour in the operant conditioning and give examples of how each can be used in your field of study. (4 marks)
- b) Also discuss in your answer the four schedules of reinforcement, describing the likely response patterns associated with each. (4 x 3 = 12 marks)
- Language and organization (2 marks)
- Reference (2 marks)

END OF EXAMINATION