



UNIVERSITY
OF
JOHANNESBURG

JUNE EXAMINATION

PROGRAMME : HUMAN MOVEMENT STUDIES
MODULE NAME : SPORT PSYCHOLOGY
MODULE CODE : MBK3A02
DATE : JUNE 2014
TOTAL MARKS : 100

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NUMBER OF PAGES : THIS PAPER CONSISTS OF TWO (2) PAGES

INSTRUCTIONS TO CANDIDATES:

PLEASE ANSWER ALL QUESTIONS.

QUESTION 1

Provide at least 4 reasons why is communication is important in sport? (4)

QUESTION 2

Describe the barriers that could break down effective communication in sport? (8)

QUESTION 3

Describe the Communication Process.
(10)

QUESTION 4

Discuss the occurrence of stress and burnout in children competing in competitive sport
(25)

QUESTION 5

Define aggression in sport (4)

QUESTION 6

Explain the general aggression model of (Gee n verwysing hier) in the sport context
(10)

QUESTION 7

Name and describe the special considerations that a sportsman needs to keep in mind
when dealing with aggression in sport (14)

QUESTION 8

Define
8.1 character,
8,2 fair play and
8.3 good sporting behaviour in sport (6)

QUESTION 9

Name and discuss the components of social learning (12)

QUESTION 10

Describe how athletes can develop resilience in sport? (7)

TOTAL: 100