

LAIKIPIA



UNIVERSITY

UNIVERSITY EXAMINATIONS

2ND SEMESTER 2023/2024 ACADEMIC YEAR

**FIRST YEAR EXAMINATION FOR THE DEGREE OF
BACHELOR OF SCIENCE IN SPORTS SCIENCE AND
MANAGEMENT**

SPSM 123: PSYCHOLOGY OF SPORTS

STREAM:

TIME: 2 HRS

DAY: TUESDAY [11.30-1.30 P.M]

DATE: 16/04/2024

THIS QUESTION PAPER CONSISTS OF TWO (2) PAGES

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SECTION A (COMPULSORY) (30 MARKS)

- a) A Sports Psychologist plays three (3) major roles in the realm of sports. Identify and discuss the three (3) major roles of a Sports psychologist. **(6 Marks)**
- b) There are several skills on self-management. Discuss any four (4). **(12 Marks)**
- c) Drawing examples from sports, explain the three (3) main types of leadership. **(12 Marks)**

QUESTION 2

- a) In your understanding define the word “Achievement Motivation” **(2 Marks)**
- b) For better or improved sports performance, ‘Stress Management’ is important for athletes that are undergoing stress.
Define ‘Stress Management’, stating what it entails. **(3 Marks)**
- c) As a Sports Counsellor, it’s important to be alert on negative behavior changes of an athlete, which should lead to counselling sessions.
Identify and expound on any five (5) symptoms that can point out the need for counselling for an athlete. **(15 Marks)**

QUESTION 3

- a) State the Characteristics of ‘a group’. **(5 Marks)**
- b) Though Sports Psychology has potential benefits, on its own it cannot achieve the desired peak performance in sports.
List and discuss the key areas that complement sports psychology for improved sports performance. **(15 Marks)**

QUESTION 4

- a) What is athlete Counselling? **(2 Marks)**
- b) For a group to perform effectively as a team, it undergoes some phases or components that are necessary for team work.
Describe the four (4) phases of team or group formation. **(8 Marks)**
- c) Discuss why Stress Management is important to athletes. **(10 Marks)**