



ZIMBABWE EZEKIEL GUTI UNIVERSITY
COLLEGE FOR LIFELONG LEARNING.

FACULTY OF SCIENCE, SCIENCE, TECHNOLOGY, AGRICULTURE & FOOD SYSTEMS.

EXAMINATION PAPER

COURSE CODE : DSC112 -- INTRODUCTION TO SPORT PSYCHOLOGY
COURSE TITLE : DIPLOMA SPORTS SCIENCE & COACHING
SPECIAL REQUIREMENTS : None

DURATION : 2 Hours
LEVEL : 12 JUN 2025
DATE :

INSTRUCTIONS TO CANDIDATES:

1. No cell phones are allowed in the examination venue.
2. Answer Question 1 and any three (3) questions.
3. The number of marks for each question or part question is shown in brackets []
4. Diagrams and labelled sketches are encouraged where appropriate.
5. Begin each answer on a new page.
6. **DO NOT OPEN THIS PAPER UNTIL THE INVIGILATOR INSTRUCTS YOU.**

SECTION A – COMPULSORY QUESTION

QUESTION 1 - Case Study: *Read the following case study and answer the questions that follow:*

To enhance athletic performance. The primary objective of sport psychology is to enhance the mental skills and psychological well-being of athletes to improve their athletic performance.

QUESTION

Identify which specific psychological skill involves athletes setting specific, measurable, achievable, relevant, and time-bound goals? **(25 Marks)**

SECTION B – ANSWER ANY THREE QUESTIONS

QUESTION 2

With the aid of examples, Identify the key primary objectives of sport psychology **(25 Marks)**

QUESTION 3

Motivation is a critical factor in athletic performance, driving athletes to work hard, persist in the face of obstacles, and strive for excellence. Discuss the role of goal-setting in enhancing athletic performance. **(25 marks)**

QUESTION 4

Personality refers to an individual's characteristic pattern of thinking, feeling, and behaving that distinguishes them from others, influencing how they approach, respond to, and perform in sports situations **(25 Marks)**

QUESTION 5

Attentional focus strategies involve directing an athlete's attention to specific cues or aspects of their performance, such as imagery, to enhance concentration, focus, and performance. Explain the concept of anxiety in sports and its impact on performance. (25 Marks)

END

5/5AM