



ZIMBABWE EZEKIEL GUTI UNIVERSITY
COLLEGE FOR LIFELONG LEARNING.

FACULTY OF LAW, BUSINESS INTELLIGENCE AND ECONOMICS

EXAMINATION PAPER

COURSE CODE : DSC112 SPORTS PSYCHOLOGY
COURSE TITLE : DIPLOMA IN SPORTS SCIENCE AND COACHING
SPECIAL REQUIREMENTS : None

DURATION : 2 Hours
LEVEL :
DATE : 24 NOV 2025

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

Section A: Case Study

Zimbabwe National Team Coach was seriously involved in a near fight with players after allegedly calling them incompetent and not good football material. Some international players packed their bags and left the training camp. Players advised ZIFA to send another new set of players to a friendly match against Qatar because some were demotivated to the extreme. Motivation is the drive to engage in an activity. There are two main types of motivation: intrinsic (from within) and extrinsic (from external rewards). Coaches and athletes can promote intrinsic motivation by providing autonomy, feedback, and focusing on personal growth and enjoyment. With the aid of examples from the current Zimbabwe Football Men's National Team setup, comment on the relevance of athlete engagement in relation to the above statement. **(25 Marks)**

SECTION B (ANSWER ANY THREE (3) QUESTIONS.)

QUESTION 1

Self-confidence is crucial in sports as it affects an athlete's motivation, resilience, and overall performance. Coaches and athletes can enhance self-confidence through positive self-talk, visualization, and focusing on past successes. **(25 Marks)**

QUESTION 2

- a) Explain the concept of motivation in sports. What are the different types of motivation, and how can coaches and athletes promote intrinsic motivation? **(15 Marks)**
- b) Discuss the role of sports administrators in promoting ethics and fair play in sports. **(10 Marks)**

QUESTION 3

a) Discuss the importance of self-confidence in sports performance. How can coaches and athletes enhance self-confidence? **(15 Marks)**

b) Analyze the impact of sports psychology on athlete development and performance. **(10 Marks)**

QUESTION 4

Flow is a mental state of complete absorption and engagement in an activity. It can be achieved when the challenge of the task matches the individual's skill level, and the athlete is fully focused on the task at hand. **(25 Marks)**

QUESTION 5

Describe the concept of flow in sports and how it can be achieved **(10 Marks)**

What are the key aspects of developing and implementing a mental skills training program? **(15 Marks).**

Multiple Choice Questions

1. What is the ultimate goal of psychological skills training in sports? (5 Marks)

- A) To improve physical performance
- B) To enhance self-regulation
- C) To increase team cohesion
- D) To reduce stress

2. What type of goal is most effective in sports? (5 Marks).

- A) Outcome goal
- B) Performance goal
- C) Process goal
- D) A combination of process, performance, and outcome goals

3. According to Self-Determination Theory, what is NOT a psychological need? (5 Marks)

- A) Autonomy
- B) Competence
- C) Relatedness
- D) Coping

4. What are the key aspects of developing and implementing a mental skills training program? (10 Marks).

END

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