INSTRUCTIONS

Answer all the questions.
Question 1

Discuss the psychological health benefits a person with anxiety and depression can expect from exercise.

[25]

Question 2

You were invited by a school to give a talk to their coaches on feedback to athletes. Discuss the most important information you would include in your talk and why.

[25]

Question 3

Explain concentration in sport. Support your answer with examples.

[25]

Question 4

4.1 Define leadership in sport
4.2 Discuss the factors that contribute to leadership success according to the Multidimensional model of leadership.

[25]

Total: [100]