

**UNIVERSITY OF FORT HARE**

**SPORT PSYCHOLOGY  
HUS 522**

**DEGREE EXAMINATIONS**

**NOVEMBER**

**2018**

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**Time: 3 hours**

**Subject: HUS 522**

**Marks: 100**

**This paper consists of 2 pages including the cover page**

**Internal Examiners**

**Prof. RL van Niekerk**

**External Examiners**

**Dr. G. Steele (RU)**

**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]