



**NATIONAL OPEN UNIVERSITY OF NIGERIA,
University Village Plot 91, Cadastral Zone,
Nnamdi Azikiwe Express Way Jabi, Abjua
Faculty of Education
Department of Human Kinetics
2025_2 EXAMINATIONS.**

Course Code: KHE322

Course Title: Psychology of Coaching

Credit Unit: 2CR

Time Allowed: 2HOURS

Instruction: Answer question one (1) and any other two (2) questions

- 1a. Describe the concept of psychology, (10 marks)
- 1b. Explain five (5) major disciplines within the field of psychology. (20 marks)

- 2a. Discuss the concept of sport psychology. (10 marks)
- 2b. Discuss the concept of motivation in sports. (10 marks)

- 3a. Describe five (5) factors that promote motivation in sports. (15 marks)
- 3b. Discuss the concept of behaviours in sports. (5 marks)

- 4a. Explain four (4) types of behaviour in sports. (10 marks)
- 4b. Discuss five (5) key roles of a sports psychologist in sports competitions (10 marks)