



MERU UNIVERSITY OF SCIENCE AND TECHNOLOGY

P.O. Box 972-60200 – Meru-Kenya

Tel: +254(0) 799 529 958, +254(0) 799 529 959, + 254 (0) 712 524 293,

Website: info@must.ac.ke Email: info@must.ac.ke

University Examinations 2024/2025

THIRD YEAR FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR
OF EDUCATION ARTS

EPH 3301: PSYCHOLOGY AND SOCIOLOGY IN SPORTS AND LEARNING

DATE: JANUARY 2025

TIME: 2 HOURS

INSTRUCTIONS: Answer question **one** and any other **two** questions

Section A (30 Marks)

- 1 a. Define the following terms as applied in sports (10 marks)
 - i. Socialization
 - ii. Motivation
 - iii. Anxiety
 - iv. Aggression
 - v. Imagery in sports
- b. Discuss the aspect of gender in relation to sports in education at institutions in Kenya (10 marks)
- c. Briefly explain how a sport psychologist can assist athletes in their various engagements (10 marks)

SECTION B. ANSWER ANY TWO QUESTIONS FROM THIS SECTION

2. Explain how intrinsic and extrinsic motivation can affect an athlete focusing on sprints (20 marks)
3. Discuss Maslow's theory of needs in relation to sports performance (20 marks)

4. Exound on the role of politics and religion in matters sports globally (20 marks)

5. Physical Education teachers in the Junior Secondary Schools need to apply the knowledge they gained in Psychology and Sociology of PE and sports. Discuss (20 marks)