



**NATIONAL OPEN UNIVERSITY OF NIGERIA, UNIVERSITY  
VALLAGEPLOT 91, CADASTRAL ZON,  
NNAMDI AZIKIWE EXPRESS WAY JABI, ABUJA  
2023\_1 POP EXAMINATION.**

**COURSE CODE: KHE 322**

**COURSE TITLE: SPORT PSYCHOLOGY AND COACHING**

**TIME ALLOWED: 2HOURS**

**INSTRUCTION: ANSWER QUESTION ONE (1) WHICH IS COMPULSORY  
AND ANY OTHER TWO QUESTIONS FROM THE OPTION PROVIDED**

- 1a. Define "Responsibility"
  - b Enumerate five (5) responsibilities of a coach
- 2a. Highlight five (5) factors to be considered in selecting a coach for sports Competitions
  - b Explain five (5) ways to coach athletes for sports competitions
- 3a. List ten (10) qualities of a good coach
  - b Outline five (5) characteristics of a good coach
- 4a. Mention (4) four strategies in sports coaching
  - b List five (5) objectives of sports coaching
  - c Highlight five (5) importance of coaching
- 5a. List five (5) factors in selecting a coach
- 5b. Explain in details five (5) factors in selecting a coach