

(6 pages)

Reg. No. :

Code No. : 30839 E Sub. Code : EMPE 31

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2024.

Third Semester

Physical Education — Core

SPORTS PSYCHOLOGY AND SOCIOLOGY

(For those who joined in July 2023 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. The study of the mind and behaviour

- (a) Kinesiology (b) Biology
(c) Zoology (d) Psychology

2. The knowledge of sports psychology helps to improve

- (a) Performance and personality
(b) Games and sports
(c) Height and weight
(d) Power and work

3. In psychology, motor learning is also known as

- (a) Brian memory
(b) Work capacity
(c) Building muscle memory
(d) Strength

4. During middle childhood, children continue to develop gross and

- (a) Fine motor skills (b) Brain motor skill
(c) Stride (d) Speed

5. It refers to the way sensory information is organized, interpreted and consciously experienced

- (a) Subsection (b) Perception
(c) Addition (d) Mood

Page 2 **Code No. : 30839 E**



6. People who are field dependent rely on external cues, or visual framework, in the field dependence and field independence
- (a) Harry (b) Newton
(c) White brothers (d) Witkin's theory
7. The desire to engage in an activity, which can be good or bad
- (a) Motivation (b) Exam
(c) Study (d) Formation
8. These include self-observation, self-registration and internal self-talk
- (a) Personal (b) Team control
(c) Self-control skills (d) Game skill
9. The study of social life, social change and the social causes of human behavior
- (a) History (b) Zoology
(c) Biology (d) Sociology
10. Leadership in sport has typically been viewed as important by
- (a) Player (b) Coaches
(c) Table referee (d) Referee

Page 3 Code No. : 30839 E

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).
Each answer should not exceed 250 words.

11. (a) Define the role of sports psychology in India.

Or

- (b) What are the characteristics of developmental of psychology?

12. (a) Define the stages of physical development.

Or

- (b) What is the best type of body build? Explain.

13. (a) What are the stages of perception in sports psychology?

Or

- (b) What are the stages of stress in sport psychology?

14. (a) What are the personality traits of top sports man?

Or

- (b) Define four components of personality in psychology.

Page 4 Code No. : 30839 E

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15. (a) Define socio-cultural factors in sport.

Or

- (b) What are the leadership approaches in sport? Explain.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b)

Each answer should not exceed 600 words.

16. (a) What are the ways sports psychology is very important to sports man?

Or

- (b) Explain the need and importance of sports psychology.

17. (a) Describe the stages of motor learning.

Or

- (b) Explain the factors of motor development.

18. (a) Write down the key concepts of gestalt theory.

Or

- (b) How anxiety affects sports performance?

Page 5 Code No. : 30839 E

19. (a) Write some personality traits that are often seen in high-performing in sports and games.

Or

- (b) Describe the different types of aggression in sports.

20. (a) Write the history and nature of sociology.

Or

- (b) How you develop the leadership performance in sports?
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Page 6 Code No. : 30839 E

