

(6 Pages)

Reg. No. : .....

Code No. : 30607 E      Sub. Code : ASPE 41

B.Sc. (CBCS) DEGREE EXAMINATION, APRIL 2022

Fourth Semester

Physical Education

Skill Based Subject — SPORTS PSYCHOLOGY AND  
SOCIOLOGY

(For those who joined in July 2020 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Sports psychology established in the year

- |          |          |
|----------|----------|
| (a) 1925 | (b) 1920 |
| (c) 1926 | (d) 1930 |

2. ——— defined as a physical, mental or emotional demand, which tends to disturb the homeostasis of the body.

- |             |               |
|-------------|---------------|
| (a) Anxiety | (b) Stress    |
| (c) Tension | (d) Agression |

3. Personality comes from the Latin word ———

- |             |              |
|-------------|--------------|
| (a) Persona | (b) Personal |
| (c) Person  | (d) Pursuit  |

4. How many personality types are mentioned by Kretschmer?

- |           |          |
|-----------|----------|
| (a) Two   | (b) Five |
| (c) Three | (d) Four |

5. Motivation is the direction and intensity of

- |              |               |
|--------------|---------------|
| (a) Efforts  | (b) Skill     |
| (c) Behavior | (d) Technique |

6. The individual who is ——— motivated performs any work connected with his activity.

- |                      |                       |
|----------------------|-----------------------|
| (a) Intrinsically    | (b) Extrinsically     |
| (c) Both (a) and (b) | (d) None of the above |

7. Which of the following is a law of learning?

- |                      |                      |
|----------------------|----------------------|
| (a) Law of readiness | (b) Law of exercise  |
| (c) Law of effect    | (d) All of the above |

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8. Learning is the process of acquiring new understanding, \_\_\_\_\_, behaviors, skills, values attitudes, and preferences.

- (a) Concepts (b) Follows  
(c) Knowledge (d) Power

9. Sociology is the study of the relationship between man and his \_\_\_\_\_ environment.

- (a) social (b) human  
(c) society (d) science

10. \_\_\_\_\_ means create ownership in society or nationalization.

- (a) Socialization (b) Individualization  
(c) Knowledge (d) Psychology

PART B — (5 × 5 = 25 marks)

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

Each answer should not exceed 250 words.

11. (a) Briefly explain the nature of sports psychology.

Or

(b) Describe the role of sports psychology in performance enhancement.

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12. (a) Write a notes on social learning theory.

Or

(b) Explain the role of sports in the development of personality.

13. (a) Explain the types of motivation.

Or

(b) Meaning and definition of achievement motivation.

14. (a) List the laws of learning and explain any two.

Or

(b) Explain the transfer of learning.

15. (a) Explain the nature of sports sociology.

Or

(b) Importance of sports sociology in physical education.

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PART C — (5 × 8 = 40 marks)

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

Each answer should not exceed 600 words.

16. (a) Describe the psychological factors affecting the sports performance.

Or

- (b) Explain the historical development of sports psychology.

17. (a) Describe the dimensions of personality.

Or

- (b) How to develop the personality?

18. (a) Factors influencing motivation in physical education and sports.

Or

- (b) Explain the motivational techniques for coaches and athletes.

19. (a) Explain the laws of learning.

Or

- (b) Explain the principles of learning.

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20. (a) Explain the impact of society on sports.

Or

- (b) Define sports sociology and explain socialization.
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