

(6 Pages)

Reg. No. :

Code No. : 20685 E Sub. Code : SSPE 4 A

B.Sc. (CBCS) DEGREE EXAMINATION, APRIL 2021.

Fourth Semester

Physical Education

Skill Based Subject — PSYCHOLOGY AND
SOCIOLOGY IN PHYSICAL EDUCATION

(For those who joined in July 2017 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. What is Perception?
 - (a) Sense
 - (b) Behavior
 - (c) Soul
 - (d) Mind
2. The Word 'Psyche' derived from
 - (a) Latin
 - (b) Greek
 - (c) English
 - (d) Spanish

3. What is long term lesson plan?
- (a) 1 – 6 years plan (b) 2 – 8 years plan
- (c) 1 – 2 years plan (d) None
4. What is personality in Physical Education?
- (a) Health, Mental status
- (b) Social adjustment
- (c) Both
- (d) None
5. What is meant by Relaxation?
- (a) State of increased calmness
- (b) Person to relax
- (c) Reduce levels of pain
- (d) All of these
6. Which of the following is a study of relationship between sports and its behavior?
- (a) Psychology (b) Physiology
- (c) Sociology (d) None

7. What is socialization in Physical Education?
- (a) Develop physically
 - (b) Develop socially
 - (c) Interacting with other colleagues
 - (d) All of these
8. Motivation means
- (a) Stimulating people to actions to accomplish the goals
 - (b) Stimulating people to actions to accomplish Dedication
 - (c) Stimulating people to actions to accomplish Focus
 - (d) None
9. What is behavior in Physical Education?
- (a) External reactions (b) Emotions
 - (c) Both (d) None
10. Democratic leader also known as
- (a) Laissez-Faire Leader
 - (b) Autocratic Leader
 - (c) Paternalistic Leader
 - (d) Participative Leader

PART B — (5 × 5 = 25 marks)

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

Each answer should not exceed 250 words.

11. (a) Explain – Nature of Sociology in Physical Education.

Or

- (b) Write the various stages of learning theories.

12. (a) Growth and development – Explain.

Or

- (b) Write the role of motivation in Physical Education.

13. (a) Explain the procedure of relaxation with yogic practice.

Or

- (b) Write the qualities of psycho regulation procedure.

14. (a) Scope of Sociology – Explain.

Or

- (b) Social phenomenon product of culture – Explain.

15. (a) Explain the qualities of leader.

Or

- (b) Leadership qualities of Sportsman – Explain.

PART C — ($5 \times 8 = 40$ marks)

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

Each answer should not exceed 600 words.

16. (a) Explain – Meaning, scope and nature of psychology.

Or

- (b) Motor learning stages of learning theories – Explain.

17. (a) Describe the effect of Sports on Personality.

Or

- (b) Write the meaning of personality and its role in physical education.

18. (a) Autogenic Training – Explain.

Or

- (b) Write the difference between short and long term training.

19. (a) Self-confidence and its benefits – Explain.

Or

(b) Meaning, scope and nature of Sociology in Physical Education.

20. (a) Types of Leadership – Explain.

Or

(b) Briefly explain behavior of Sportsman.
