



*Samballa*

## Avinashilingam Institute for Home Science and Higher Education for Women

Deemed to be University Estd.u/s 3of UGC Act 1956, Category A by MHRD [now MoE]

Re-accredited with an A++ Grade by NAAC CGPA 3.65/4, Category I by UGC

Coimbatore-641043, Tamil Nadu, India

### Continuous Internal Assessment II – April 2025

#### II Semester

**Class : I UG**  
**Major : Physical Education**

**Time : 2 Hrs**  
**Max. Marks : 60**

#### 23BPEC05 Sports Psychology

#### Course Outcomes:

1. Promoting professionals with competency and commitment
2. Expertise in principles of fitness training
3. Obtain Knowledge for profitability with theright mind of products and services
4. Implement systems to ensure the upkeep and safety of the facility and the equipment
5. Developing different vigorous physical activity for health and fitness

#### Part A

6 x 1 = 6

#### Choose the Correct Answer

1. Which of the following factors affects learning CO2K2  
a) Intelligence                      b) Weather                      c) Superstitions                      d) Peer pressure
2. The learning curve represents CO2K3  
a) The process of forgetting                      b) The rate of progress in learning over time  
c) The decline in motivation                      d) The ability to memorize facts
3. Which of the following is NOT an element of sports socialization CO2K2  
a) Coaches                      b) Family                      c) Climate                      d) Peer groups
4. Who is considered the "Father of Sports Sociology"? CO2K1  
a) Pierre de Coubertin                      b) Harry Edwards                      c) Emile Durkheim                      d) Karl Marx
5. Which of the following is a major social concern in sports? CO2K1  
a) Increased sponsorship                      b) Gender inequality  
c) Advanced training facilities                      d) Increased salaries for athletes
6. The relationship between sports and society is mainly based on CO2K2  
a) Social values and ethics                      b) Financial benefits only  
c) Individual achievements alone                      d) Avoidance of teamwork

#### Part B

3 x 6 = 18

#### Answer ALL questions

**Each answer should not exceed 400 words or two pages**

- 7 (a). Write a note on meaning and nature of sports sociology. CO2K3  
(or)
- 7.(b).Describe transfer of learning and its types with examples. CO5K2
- 8(a) Define learning curve and explain its significance in skill acquisition in sports. CO5K4  
(or)
- 8.(b). Discuss the role of socialization in sports and how it influences an athlete's behavior. CO3K3
- 9.(a).Explain the relationship between sports, culture, and civilization with relevant examples. CO3K2  
(or)
- 9.(b).Explain the factors affecting learning and how they influence sports performance. CO2K2

#### Part C

3 x 12 = 36

#### Answer ALL questions

**Each answer should not exceed 800 words or four pages**

- 10.(a).Briefly explain the definition and important of sports sociology in physical education. CO5K2  
(or)
- 10.(b).Explain the relationship between sports, culture, and civilization. CO4K5
- 11 (a). Write a note on transfer of learning, learning curve and, plateau. CO4K2  
(or)
- 11.(b).. Describe the importance of leadership in physical education and its influence on sports performance. CO4K5
- 12.(a). Discuss the role of physical education in value education and leadership development. CO5K4  
(or)
- 12.(b).Illustrate the concept of factors affecting learning. CO5K3

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