



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 I – February 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. Who is considered the father of sports psychology
a) Coleman Griffith b) William Jame c) Sigmund Freud d) B.F. Skinne
CO2K2
2. Which of the following factors can influence an athlete's motivation and performance
a) Coaching style b) Team dynamics
c) Personal goals and expectations d) All of the above
CO2K3
3. Which of the following factors can impact an athlete's emotional state and performance
a) Sleep and recovery b) Nutrition and hydration
c) Injury and pain d) All of the above
CO2K2
4. What is the term for the process by which an athlete's thoughts, feelings, and behaviors are influenced by their social environment
a) Social learning theory b) Self-determination theory
c) Emotional intelligence d) Group dynamics
CO2K3
5. The word personality is derived from thelatin word
a) Mask b) Persona c) Personal d) Person
CO2K1
6. What is the primary principle of learning that states that behavior is modified by its consequences
a) Law of Effect b) Law of Exercise c) Law of Readiness d) Law of Regency
CO2K2

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 psychology.
(or)
CO2K3
- 7.b. Explain the introduction of sports psychology.
CO5K2
- 8.a. Discuss the dimensions and theories of sports psychology.
(or)
CO5K4
- 8.b. Write a short note on laws of learning.
CO3K3
- 9.a. Write a short note on relevance of sports psychology in Physical education and Coaching.
(or)
CO3K5
- 9.b. Discuss how can sports psychology improve the performance of athletes.
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 historical evolution of sports psychology.
(or)
CO5K2
- 10.b. Discuss the psychological factors that affect sports performance, providing examples and their impact.
CO4K5
- 11.a. Write a note on meaning nature principle of learning and explain types of learning.
(or)
CO4K2
- 11.b. Define personality and explain the dimensions of personality.
CO4K5
- 12.a. Write a note on motivation and types of motivation with examples.
(or)
CO5K4
- 12.b. Illustrate the concept of factors affecting learning.
CO5K3