Manuscript

Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India
Continuous Internal Assessment Test –II April 2024
II Semester

Class : I UG **Time: 2 hours**
Major : Physical Education **Maximum Marks: 60**

23BPEC05 Sports Psychology

Course Outcomes:

1. The study would orient the student in basic concepts of psychology.
2. The student would be oriented in identifying factors determining one's overall personality.
3. The student would understand various laws of learning and their relevance in teaching learning process.
4. The study would orient him in getting through with the psychology of sports person.
5. Able to apply the principles and theories in their regular practice

Part-A **6x1=6**

Choose the correct answer

1. How does Social Learning Theory explain the acquisition of new behaviors through modeling? CO1 K2
   a) By innate biological processes b) Through reinforcement only
   c) By observing and imitating others d) Through unconscious motives

2. What is the term used to describe the process of learning through reinforcement or punishment that occurs after the behavior has been exhibited? CO2K1
   a) Observational Learning b) Expectancy c) Intrinsic Reinforcement d) Operant Conditioning

3. By nature children are___ CO3K3
   a) Constructive b) Destructive c) Imitative d) Demanding

4. What is the meaning of logos in the term sociology? CO2 K3
   a) Science/Study b) social c) Society d) Companion

5. What is the type of control organized through bureaucracy? CO4K1
   a)official b)formal c)informal d) Court

6. What is one negative impact of globalization? CO1 K2
   a) Improved global communication
   b) Increased access to diverse culture
   c) Enhanced environmental protection efforts globally
   d) Widening economic disparities between rich and poor

Part- B **3x6=18**

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Define Learning and brief the types of learning CO2K1

(or)

7. b. Write short notes on Learning Curve CO2K4

8.a. Brief - Nature of Sports Sociology CO1K5

(or)

8.b. Write about Impact of society on sports CO3K1

9.a Define Culture and Civilization CO4K5

(or)

9.b. Write about the Relationship of sports with other elements of culture CO1K1

Part-C **3x12=36**

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Write in detail about the dimensions of Personality CO5K4

(or)

10.b. Explain the types of motivation with proper examples CO3K3

11. a. Describe - Laws of Learning CO1K1

(or)

11.b. Enumerate the importance of Sports Sociology in Physical Education CO2K2

12.a. Explain your views about the Social Concern in Sports today CO3K2

(or)

12.b. Elaborate the types of Leadership in Physical Education CO4K4

No. of Copies : 35 **Staff in-charge: Dr.M.Mary Glory Ponrani**