



Murugan

Avinashilingam Institute for Home Science and Higher Education for Women

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

Bachelor of Physical Education Arrear Examination – May 2024
III Semester

Batch : 2022
Major : B.P.Ed.

Time : 3 Hours
Max. Marks : 100

21BPDC17 Sports Psychology and Sociology

Course Outcomes

- CO1: Explain group mechanisms and group psychology in a sports context
CO2: Reflect upon motivational psychology as applied to sports activities
CO3: Formulate relevant constructs of exercise psychology
CO4: Demonstrate the ability to discuss sociological theories, concepts and ideas in large and small groups and to express empirically as well as theoretically – based opinions
CO5: To apply core sociological theories to specific social problems in order to analyze social problems.

Part A **10 x 1 = 10**
Choose the Correct Answer

1. When catching a ball the hand knows when to grasp because CO1 K2
 - a. Parasympathetic nervous system is active
 - b. Alpha waves are being generated by brain
 - c. Participating muscles receive efferent signals
 - d. Afferent signals inform that the ball is about to make contact CO1 K1
2. Body mind relationship was first promulgated by CO1 K2
 - a. Socrates
 - b. Plato
 - c. Hitler
 - d. Homer
3. Exercise for the body and music for the soul, in which country the common adage was used CO1 K3
 - a. Italy
 - b. France
 - c. Greece
 - d. Germany
4. Which learning theory follows the empirical model of educational philosophy? CO2 K2
 - a. Idealism
 - b. Pragmatism
 - c. Cognitive
 - d. Social creative
5. The Trial and Error theory of learning was propounded by CO2 K3
 - a. Newton
 - b. Pavlov
 - c. Thorndike
 - d. Homer
6. Which is the most effective method for encouraging self learning? CO2 K2
 - a. Demonstration method
 - b. Lecture Method
 - c. Observation method
 - d. Task method
7. The energizing force that activates behaviour and provides purpose and direction to the behaviour CO3 K1
 - a. Motivation
 - b. Personality
 - c. Emotion
 - d. Perception
8. The stress condition is CO2 K3
 - a. Advantageous to the performer
 - b. Detrimental to the performer
 - c. Neither
 - d. Helpful in the development of the strength
9. Sociology analyses the concept of CO2 K2
 - a. Civilization
 - b. Juvenile delinquency
 - c. Other ills
 - d. All the above
10. What aspect of movement refers to body awareness CO2 K5
 - a. To identify the parts of the body and the whole
 - b. To establish the relationship of the body parts
 - c. Able to identify the body parts
 - d. all the above

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

11. a. Define sports psychology and explain its need and Importance. CO2 K1
(or)
11.b. Explain the various stages of growth and development. CO2 K2
- 12.a. Define Personality and Write about the Dimensions of Personality. CO2 K3
(or)
12.b. Define Motivation and Explain its impact on sports performance CO3 K1
- 13.a. Enumerate the Laws of Learning. CO4 K1
(or)
13.b. Describe in detail about the Hereditary and Environment. CO3 K1
- 14.a. Write the importance of sports sociology. CO2 K2
(or)
14.b. Explain the Questionnaire and Interview method. CO2 K3
15. a. Differentiate the concept of customs and tradition in sports CO4 K2
(or)
15.b. Describe the elements of culture CO2 K2

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Explain in detail about the types and nature of Individual Differences. CO2 K3
(or)
16.b. Write any three theories of Learning. CO3 K3
- 17.a. Describe about the psycho – sociological Behaviour in Physical Education. CO3 K3
(or)
17.b. Enumerate the Personality and Sports Performance. CO3 K3
- 18.a. Define Sports Psychology and Explain the History of Sports Psychology. CO2 K3
(or)
18.b. Define Learning and explain its Nature of Learning. CO2 K3
- 19.a. Explain the mental preparation strategies of an elite athlete. CO4 K2
(or)
19.b. Explain the role of Heredity and Environment in determining behaviour of an athlete. CO3 K1
- 20.a. Illustrate the establishment of socialization in physical education. CO3 K2
(or)
20.b. Present your views about Women participation in sports. CO3 K4
