



*Kambal*

## 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 Degree Examination – November 2024 III Semester

Class: II B.P.Ed.

Time : 3 Hours  
Max. Marks : 100

#### 23BPDC17 Sports Psychology and Sociology

##### Course Outcomes:

- CO1: Group mechanism & group Psychology in Sports context  
CO2: Motivational Psychology as applied to sports activities  
CO3: Formulate relevant construction of exercise psychology  
CO4: Ability to discuss sociological theories, concept & ideas as large and small groups  
CO5: To apply core sociological theories to specific social problems in order to analyse social problems

##### Part A

10 x 1 = 10

##### Choose the Correct Answer

1. Which is the study of psychological basis, process and effects of sports?  
a. Psychology  
b. educational Psychology  
c. Sports Psychology  
d. clinical Psychology  
CO1 K1
2. The genetic inheritance expressed and passed down through  
a. generations  
b. conception  
c. off spring  
d. organism  
CO1 K2
3. It is defined as "any relatively permanent change" in behaviour  
a. Learning  
b. teaching  
c. Practice  
d. motivation  
CO2 K1
4. Which type of learning helps the individual to learn and maintain his regular life?  
a. verbal learning  
b. concept learning  
c. motor learning  
d. discrimination learning  
CO2 K3
5. The source of motivation lies within the activity itself is  
a. intrinsic motivation  
b. peer group  
c. extrinsic motivation  
d. public  
CO3 K3
6. Any stimulus that occurs to a sufficient degree to the cause  
a. Stress  
b. Anxiety  
c. Aggression  
d. Self confidence  
CO3 K4
7. The relationship between social science and physical education lies in  
a. Team sport  
b. Individual sport  
c. Cultural understanding  
d. Performance  
CO4 K1
8. Physical education and sports helps people evaluate themselves and others which contributes to the development of  
a. Self-image  
b. Social skill  
c. Cohesion  
d. Cooperation  
CO4 K1
9. Which is the reflection of a community or nation?  
a. Society  
b. Community  
c. Culture  
d. Socialization  
CO5 K3
10. Which one doesn't have significant impact on society?  
a. relationship  
b. religion  
c. identity  
d. fun  
CO5 K4

**Part B**

**5 x 6 = 30**

**Answer ALL questions**

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

- 11.a. Describe the growth and development of adolescence period. **CO1 K1**  
(or)  
11.b. Evaluate the individual difference among the sports men. **CO1 K5**
- 12.a. Illustrate the transfer of learning theory with suitable example. **CO2 K3**  
(or)  
12.b. Compile the understanding of personality traits that help the physical educators. **CO2 K6**
- 13.a. Demonstrate the different motivational techniques in detail. **CO3 K3**  
(or)  
13.b. Explain the method of psychological preparations to overcome the psychological barrier. **CO3 K4**
- 14.a. Prepare the sociological impact on physical education programme. **CO4 K6**  
(or)  
14.b. Evaluate the significance of physical education and festivals. **CO4 K5**
- 15.a. Analyse the impact of social culture on people life style. **CO5 K4**  
(or)  
15.b. Summarise the assessment through questionnaire method. **CO5 K5**

**Part C**

**5 x 12 = 60**

**Answer ALL questions**

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

- 16.a. Prepare the scope and importance of sports psychology on Physical Education perspective. **CO1 K5**  
(or)  
16.b. Explain the Psycho sociological aspect of behaviour among the sports men. **CO1 K4**
- 17.a. Illustrate the theories of learning in detail. **CO2 K3**  
(or)  
17.b. Discuss the dimension of personality for sports performance. **CO2 K4**
- 18.a. Formulate the mental preparation strategies of sports person. **CO3 K6**  
(or)  
18.b. How to enhance sports performance by overcoming stress and anxiety? **CO3 K3**
- 19.a. Explain the concept of orthodoxy and customs in sports psychology. **CO4 K4**  
(or)  
19.b. How to improve and develop physical education programme through socialisation theory? **CO4 K6**
- 20.a. Explain the different features of culture exists in the society. **CO5 K2**  
(or)  
20.b. Apprise merits and demerits of questionnaire and interview method. **CO5 K5**

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