

**Avinashiligam Institute for Home Science and Higher Education for Women, Coimbatore –
641 043**

Continuous Internal Assessment Test I – September- 2021

18BPEC17 Sports Psychology and sociology

Time -2 hours

Class: II BPEd

Course :Physical Education

Max marks -60

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

Answer all the questions

6X 1 = 6

1. Who is regarded as the Father of Psychology? CO1K1
a) Sigmund Freud b) Ivan Pavlov c) John B.Watson d) Wundt
2. Body mind relationship was first promulgated by CO1K2
a) Socrates b) Plato C) Hitler d) Homer
3. The hereditary factors of learning are CO1K2
a) Height and weight b) Physical structure c) Body composition d) All the above
4. Learning to make new responses to identical or similar stimuli results in a CO2K2
a) Negative transfer b) Positive Transfer c) Zero transfer d) Neural transfer
5. Mental Development includes CO2k2
a) External and Internal organs b) Reasoning and thinking c) Ethical and moral
d) Emotional maturity
6. Basic Psychological skills comprised in view of Hardy and others is CO2K2
a) Motivation , attention, self-confidence and arousal
b) Throwing, catching, hopping, skipping
c) Goal setting, self- talk, mental imagery and relaxation
d) Attribution, commitment, fine motor skills and gross motor skills

Part – B

Answer all Questions

Each Answer should not Exceed 400 words or two pages

3 X 6 = 18

- 7a** Write about Need and Importance of Sports Psychology CO2K2
- 7 b** OR
Explain the Branches of Sports Psychology CO2K1
- 8a** Define Personality and Write about the Dimensions of Personality CO2K3
- 8 b** OR
Explain the different stages of Growth and Development CO2K3
- 9a** Enumerate the Laws of Learning CO2K3
- 9b** OR
Describe in detail about the Hereditary and Environment CO2K3

Part – C

Answer all questions

Each answer should not exceed 800 Words or Four pages

3 X12=36

- 10 a Explain in detail about the types and nature of Individual Differences CO2K3**
- OR**
- 10 b Write any three theories of Learning CO2K2**
- 11 a Describe about the psycho – sociological Behaviour in Physical Education CO3K3**
- OR**
- 11b Enumerate the Personality and Sports Performance CO2K3**
- 12a Define Sports Psychology and Explain the History of Sports Psychology CO2K2**
- OR**
- 12b Define Learning and explain its Nature of Learning CO3K3**