

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

Continuous Internal Assessment Test II – December 2020

Class : II BPEd

Major : Physical Education

Max Marks: 30

***18BPDC17 – 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**

Answer all the questions

6X 1 = 6

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|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| <b>1.</b> | Which of the following is a law of learning?<br>(a) Law of readiness (b) Law of exercise<br>(c) Law of effect (d) All the above.                                                                  | CO1 K1 |
| <b>2.</b> | Mental development includes<br>(a) External and internal organs (b) reasoning and thinking<br>(c) Ethical and moral (d) emotional maturity.                                                       | CO2 K1 |
| <b>3.</b> | Which is the most effective method for encouraging self learning?<br>(a) Demonstration method (b) Lecture method<br>(c) Observation method (d) Task method.                                       | CO3 K2 |
| <b>4.</b> | The initial steep rise in the learning graph is an indication of quick progress and is technically known as<br>(a) 'End spurt' (b) 'Initial spurt'<br>(c) Saturation point (d) None of the above. | CO3 K1 |
| <b>5.</b> | Who is regarded as the 'father' of psychology?<br>(a) Sigmund Freud (b) Ivan Pavlov<br>(c) John B. Watson (d) Wundt.                                                                              | CO4 K3 |
| <b>6.</b> | The stress condition is<br>(a) Advantageous to the performer (b) Detrimental to the performer<br>(c) Neither (d) helpful in the development of strength.                                          | CO3 K4 |

**Part – B**

Answer any two questions and it should not exceed 400 words

2 X 6 = 12

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|-----|--------------------------------------------------------|--------|
| 7.  | Write about the Questionnaire method, Interview method | CO2 K3 |
| 8.  | Write about the characteristics of personality         | CO3 K1 |
| 9.  | Describe the Factors influencing motivation            | CO5 K2 |
| 10. | Explain the Types of stress                            |        |

**Part – C**

Answer any one and it should not exceed 800 words

1 X12=12

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|----|--------------------------------------------------|--------|
| 11 | Enumerate the Mental Preparation Strategies      | CO2 K3 |
| 12 | Explain Socialization through Physical Education | CO4 K2 |