



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

Continuous Internal Assessment Test I –August 2024
IV - SEMESTER

Class : II BPED
Major : Physical Education

Time: 2 hours
Maximum Marks :60

23BPDC17 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 idea in large and small groups
- CO5. To apply core sociological theories to specific social problems in order to analyze social problems

Part-A

6x1=6

Choose the correct answer

1. Learning of physical skill is concerned with CO2K2
a. Cognitive learning b. Affective learning
c. motor learning d. Sensory learning
2. Which age is determined by the signs of puberty? CO1K2
a. Chronical age b. Anatomical age
c. Physiological age d. Mental age
3. Sports psychology helps to predict CO3K3
a. Spots man behavior b. Sports man performance
c. Social status d. Economical status
4. Awareness of the body position is called CO3K1
a. Kinaesthetic sense b. Aesthetic sense
c. Ethnic sense d. Physical sense
5. Motor skills are best learnt by CO3K2
a. Practice b. Observation
c. Imitation d. memorization
6. A disturbed state of mind is CO1K3
a. Aggression b. Anxiety
c. Attitude d. Arousal

Part- B
Answer ALL Questions
Each answer should not exceed 400 words or two pages

3x6=18

- | | |
|---|-------|
| 7. a. Define Sports psychology and explain its importance
(or) | CO2K2 |
| 7. b. Write about Hereditary and environment | CO2K2 |
| 8 a What are the General learning of growth and development
(or) | CO2K2 |
| 8.b Describe the different stages of growth and development | CO3K3 |
| 9. a Explain in detail about the nature of learning | CO3K3 |
| (or) | |
| 9. b Write about theories of learning | CO3K3 |

Part-C
Answer ALL questions
Each answer should not exceed 800 words or four pages

3x12=36

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|--|--------|
| 10. a. Describe about the psycho-sociological aspect of behavior in relation to sports
(or) | CO2K2 |
| 10.b. Briefly explain about the types and nature of individual differences | CO3K2 |
| 11. a. Define personality explain its characteristics | CO2K2 |
| (or) | |
| 11.b. Write about the laws and plateau in learning | CO1K4 |
| 12.a. Elucidate the various dimensions of personality
(or) | CO2K2 |
| 12 b Enumerate the personality and sports performance | CO41K2 |

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Staff in-charge: Dr.T. Shanmugavalli