

AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER EDUCATION FOR  
WOMEN

Continuous Internal Assessment Test I – August 2018

Class: II B.P.Ed

Time: 2 hours  
Max.marks: 60

15BPPDC17 –Sports Psychology and Sociology

Part – A

Choose the correct answer

5X1=5

1. The new cell formed by the process of fertilization.  
a. Gametes b. Chromosomes c. Zygote d. Blastula
2. \_\_\_\_\_ involves development of the body's makeup, including the brain, nervous system, muscles, senses, and the need for food, drink, and sleep.3.Natural Motivation is also known as  
a. Cognitive Development b. Physical Development c. Social Development  
d. Learning Development
3. Thorndike put a hungry \_\_\_\_\_ in a puzzle box for his experiment  
a) Dog b) Rat c) Cat d) None of the above
4. \_\_\_\_\_ learning is different from conditioning and is limited to human beings  
a) Concept b) Latent c) Verbal d) Instrumental
5. Which of the following laws of learning on the basis of his propounded by Thorndike theory?  
a) The law of readiness b) The law of effect c) The low of exercise d) All of the above

Part – B

Answer the following in few sentences

5x2=10

6. Define Sports Psychology
7. Define Growth and Development
8. What is Plateau stage in learning?
9. Define Personality
10. What is Heredity?

Answer the following in 400 words/ one page

3x5=15

- 11 a. Write the meaning of Sports Psychology (or)
- 11 b. Write the various stages of growth and development
- 12 a. Briefly explain about influence of Heredity (Or)
- 12 b. Write about Transfer of Learning
- 13 a. Enumerate the Mental Preparation Strategies (or)
- 13b. Write about Laws of Learning

Part - D

Answer the following

Answer should not exceed 800 words or four page 2X15=30

- 14 a. Explain in detail about types of Individual differences (or)
- 14 b. Enumerate the motivation techniques
- 15 a. Explain the Theories of Learning and explain any two (or)
- 15 b. Write about the need and importance of sports Psychology knowledge for a Physical Educationist