



K. Sambath

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 (now MoE)
Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC
Coimbatore - 641043, Tamil Nadu, India

Bachelor's Degree Examination – April 2026
II Semester

Class : I UG
Major : Physical education

Time : 3 Hours
Max. Marks: 100

23BPEC05 Sports Psychology

Course Outcomes:

- CO1. The study would orient the student in basic concepts of psychology.
CO2. The student would be oriented in identifying factors determining one's overall personality.
CO3. The student would understand various laws of learning and their relevance in teaching learning process.
CO4. The study would orient him in getting through with the psychology of sports person.
CO5. Able to apply the principles and theories in their regular practice

Part A

10 x 1 = 10

Choose the Correct Answer

1. Sports Psychology mainly deals with CO1 K1
 - a. Physical training methods
 - b. Mental aspects of sports performance
 - c. Nutritional planning
 - d. Injury management
2. competition Anxiety mainly affects CO2 K2
 - a. Physical growth
 - b. Mental state and performance
 - c. Nutrition
 - d. Body composition
3. The nature of personality is CO1 K1
 - a. Static
 - b. Dynamic
 - c. Temporary
 - d. Mechanical
4. A condition for developing achievement motivation is CO2 K2
 - a. Positive reinforcement
 - b. Clear goal setting
 - c. Constructive feedback
 - d. All of the above
5. Trial and Error learning theory was proposed by CO1 K1
 - a. Pavlov
 - b. Thorndike
 - c. Skinner
 - d. Bandura
6. A plateau in learning means CO1 K1
 - a. Rapid improvement
 - b. Decline in performance
 - c. Temporary stagnation in progress
 - d. Completion of learning
7. The nature of Sports Sociology is CO1 K1
 - a. Biological
 - b. Psychological
 - c. Social and cultural
 - d. Mechanical
8. Value education in sports promotes CO1 K1
 - a. Aggression only
 - b. Fair play and sportsmanship
 - c. Selfishness
 - d. Individualism only
9. Sports are considered a product of CO1 K1
 - a. Biology
 - b. Technology
 - c. Culture
 - d. Climate
10. Women's participation in sports promotes CO2 K2
 - a. Gender equality
 - b. Empowerment
 - c. Social change
 - d. All of the above

Part B

5 x 6 = 30

Answer all questions

Each answer should not exceed 400 words or two pages

- 11.a. Define Sports Psychology and state its nature. CO2 K1
(or)
11.b. Describe the historical evolution of Sports Psychology. CO2 K2
- 12.a. Define personality and outline its nature. CO2 K1
(or)
12.b. List and explain the types of motivation CO2 K2
- 13.a. Define learning and describe its nature. CO2 K1
(or)
13.b. Classify and explain the types of learning. CO2 K2
- 14.a. Define Sports Sociology and describe its nature. CO2 K1
(or)
14.b. Explain the importance of Sports Sociology in Physical Education CO2 K2
- 15.a. Describe the role and contribution of women in sports. CO2 K2
(or)
15.b. Define leadership in Physical Education and list its key qualities. CO2 K1

Part C

5 x 12 = 60

Answer all questions

Each answer should not exceed 800 words or four pages

- 16.a. Identify and explain the psychological factors affecting sports performance. CO2 K2
(or)
16.b. Explain the relevance of Sports Psychology in Physical Education and coaching. CO2 K2
- 17.a. Describe the major theories of personality in sports. CO2 K2
(or)
17.b. Explain the dimensions of personality and discuss the development of personality. CO3 K4
- 18.a. State and explain the laws of learning in Sports Psychology. CO2 K2
(or)
18.b. Analyze the factors affecting learning in Sports Psychology. CO3 K4
- 19.a. Explain the concept of sociology and examine the role of value education through Physical Education. CO4 K4
(or)
19.b. Analyze the impact of society on sports and vice versa. CO4 K4
- 20.a. Explain sports as a social phenomenon and discuss its relationship with culture. CO4 K4
(or)
20.b. Describe the elements of culture and civilization. CO1 K2
