



Maximum

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 – February 2024
II SEMESTER

Class : I BSc
Major : Physical Education

Time: 2 hours
Maximum Marks: 60

23BPEC05 Sports Psychology

Course Outcomes:

At the end of the course, students will:

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

Part-A

6x1=6

Choose the correct answer

1. _____ is the way you talk to yourself on your inner voice –
a. Mental Imaginary b. Self Esteem c. Self Talk d. Goal Setting CO1 K2
2. Which of the following is not a factor that affects Team Cohesion?
a. Less Popularity b. Minimum Interaction Time c. Communication d. Imperament Collision CO2K1
3. An Individual's ability to become bounce back in the face of adversity is referred to as
a. Stressor b. Resilience c. Anxiety d. Self – Confidence CO3K3
4. Hostile aggression is also known as
a. Reactive b. Channeled c. Assertive d. Instrumental CO2 K3
5. Person with emotional instability and negative emotions are termed as
a. Neuroticism b. Introvert c. Openness d. Extrovert CO4K1
6. An amazingly precious stress reduction tool is
a. Social Media b. Gossiping c. Exercising d. Over Eating CO1 K2

Part- B

3x6=18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Brief the meaning of Sports Psychology CO2K1
(or)
7. b. Define Psychology and Sports Psychology CO2K4
8. a. What are the branches of Sports Psychology? CO1K5
(or)
8. b. Write the nature of personality CO3K1
9. a. Define Achievement Motivation CO4K5
(or)
9. b. What does the theories of personality teaches us? CO1K1

Part-C

3x12=36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Describe the historical evolution of Sports Psychology CO5K4
(or)
10. b. Enumerate the relevance of sports psychology in Physical Education and Coaching CO3K3
11. a. Explain the psychological factors affecting sports performance CO1K1
(or)
11. b. Elucidate the types of motivation CO2K2
12. a. Describe the dimension of personality and development of personality CO3K2
(or)
12. b. Explain the types of learning CO4K4

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