



26-11-25

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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 - 641 043, Tamil Nadu, India

Bachelor of Physical Education Degree Examination – November 2025 III Semester

Class: II B.P.Ed.

Time : 3 Hours

Max. Marks : 100

23BPDC17 Sports Psychology and Sociology

Course Outcomes:

CO1: Group mechanism & group Psychology in Sports context

CO2: Motivational Psychology as applied to sports activities

CO3: Formulate relevant construction of exercise psychology

CO4: Ability to discuss sociological theories, concept& ideas as large and small groups

CO5: To apply core sociological theories to specific social problems in order to analyse social problems

Part A

10 x 1 = 10

Choose the Correct Answer

1. Who said man is a social animal
a. Aristotle b. comte c. Plato d. socrates CO1 K1
2. Who is widely regarded as the father of sports psychology in the united states
a. Williamjames b. coleman R. Grifith c. B.F Skinner d. Abrahammaslow CO1 K1
3. Which of the following personality theories categories individual in to extroverts and introvert
a. Trait theory b. psychodynamic theory c. Humanistic theory d. Type theory CO2 K1
4. Which of the following is NOT one of the carljung cognitive functions in his theory of personality
a. Thinking b. Sensing c. Judging d. Intuition CO2 K1
5. According to Maslow which is the lowest order of need related to motivation
a. Physiological needs b. Cognitive c. Aesthetic d. Self-Actualization CO3 K1
6. Which of the following contributes to motivating children to learn
a. Relevance of content to the child life b. Fear of punishment
c. Autonomy in learning d. Encouragement and praise CO3 K1
7. What does the term correlation refer in the contest of social science teaching
a. The process of collecting data for analysis
b. A relationship where changes in one variable result in changes in another
c. A method for predicting future events
d. The organization of variable in to categories. CO4 K1
8. Which of the following subject can be included under social science categories
a. Ethics b. Psychology c. Philosophy d. Public Administration CO4 K1
9. The book pattern of culture is written by
a. Anderson b. Evans-pritchard
c. R. Benedict d. More than one of above CO4 K1
10. Culture bound or culture specific traits are known as _____ culture.
a. Counter b. Etic c. Emic d. Universal CO4 K1

Part B **5 x 6 = 30**
Answer ALL questions
Each answer should not exceed 400 words or two pages

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| 11.a. Explain the importance of sports psychology.
(or) | CO1 K2 |
| 11.b. Describe psycho-sociological aspect of human behaviour. | CO1 K2 |
| 12.a. Explain theories of learning.
(or) | CO2 K2 |
| 12.b. Categorize the characteristics of personality. | CO2 K4 |
| 13.a. Discuss factors influencing motivation.
(or) | CO3 K2 |
| 13.b. Explain types of stress and anxiety. | CO3 K2 |
| 14.a. Analyze the role of social group life.
(or) | CO4 K4 |
| 14.b. Discuss festivals and physical education. | CO4 K2 |
| 15.a. Explain features of culture.
(or) | CO4 K4 |
| 15.b. Explain about the interview method. | CO4 K2 |

Part C **5 x 12 = 60**
Answer ALL questions
Each answer should not exceed 800 words or fourpages

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| 16.a. Explain heredity and environment.
(or) | CO1 K2 |
| 16.b. Select the general characteristic of growth and development. | CO1 K1 |
| 17.a. Evaluate the various dimension of personality.
(or) | CO2 K4 |
| 17.b. Discuss personality and sports performance. | CO2 K2 |
| 18.a. Analyze the factors influencing motivation, its techniques and sports performance.
(or) | CO3 K4 |
| 18.b. Evaluate mental preparation strategies in sports. | CO3 K4 |
| 19.a. Describe about sports sociology, and its socialization though Physical Education.
(or) | CO4 K2 |
| 19.b. Discuss primary group and remote group of sports sociology. | CO4 K2 |
| 20.a. Categorize the meaning, importance of culture and effect of culture on people life style.
(or) | CO4 K4 |
| 20.b. Explain about Inspection method and questionnaire methods. | CO4 K2 |
