



I.BSc
[Signature]

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

Continuous Internal Assessment Test I – February 2026

II Semester

Class : I BSc
Major : Physical Education

Time: 2 hours
Maximum Marks: 60

23BPEC05-Sports Psychology

Course Outcomes:

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

Part - A

6 x 1 = 6

Choose the Correct Answer

1. Who is the father of sports Psychology CO3K2
a. Whunt b. Sigmund Freud c. Dr.Coleman d. Crow & Crow
2. Personality development is the outcome of CO2K3
a. Diet b. Environment c. Heredity d. Heredity and environment
3. The extent to which people believe that they can bring about an outcome is referred to as CO3K2
a. Self-efficacy b. Extraversion c. Self-regulation d. Neuroticism
4. School of psychology most closely related to Learning Theory of CO1K5
a. Psycho analytical school b. Behaviorist school c. Cognitive school d. Gestalt school
5. How many types of motivation CO2K1
a. 2 b. 3 c. 4 d. 5
6. A negative emotional state that occurs when one is prevented from reaching a goal, is called CO1K3
a. Tension b. Frustration c. Stress d. Conflict

Part - B

3 x 6 = 18

Each answer should not exceed 400 words or two pages

7. a. Define sports Psychology and Its meaning CO3K2
(or)
7. b. Enumerate nature and Scope of Sports Psychology CO2K3
8. a. Define and Meaning and Nature of Personality CO1K3
(or)
8. b. Define Motivation and its Types CO5K4
9. a. Explain Learning and its Type CO4K3
(or)
9. b. What is the difference between of Law of learning and transfers of learning CO3K3

Part - C

3 x 12 = 36

Each answer should not exceed 800 words or four pages

10. a. Illustrate the Historical development of sports Psychology ? CO2K3
(or)
10. b. Enumerate the Psychological Factors affecting sports performance CO3K3
11. a. Explain about Theories of Personality in sports CO4K4
(or)
11. b. Enumerate the dimension and development of personality CO4K3
12. a. Illustrate the Nature and Principles of learning CO1K4
(or)
12. b. Enumerate the Psychological Factors affecting learning CO2K3
