



*Neeraj*

# 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

**Bachelor's Degree Examination – May 2024**  
**II Semester**

**Class: I UG**  
**Major: Physical Education**

**Time: 3 Hours**  
**Max. Marks: 100**

## 23BPEC05 Sports Psychology

### Course Outcomes:

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

10 x 1 = 10

### Choose the Correct Answer

1. The father of sports psychologist is CO1 K1  
a. John Dewey b. Plato  
c. Sigmund Feud d. Coleman Griffith
2. The establishment of the first sports psychology laboratory occurred at the \_\_\_\_\_ in the 1920s. CO1 K1  
a. Harvard University b. University of Illinois  
c. Stanford University d. University of California
3. \_\_\_\_\_ is the primitive, basic, and fully unconscious part of personality. CO2 K1  
a. Ego b. Id  
c. Superego d. Anal personality
4. Which type of motivation is not applicable to young children? CO2 K1  
a. Intrinsic motivation b. Extrinsic motivation  
c. Achievement motivation d. Social Motivation
5. Which law of learning states that "Things most often repeated are best retained"? CO3 K2  
a. Law of readiness b. Law of exercise  
c. Law of effect d. Law of regency
6. \_\_\_\_\_ is the lowest level of learning? CO3 K2  
a. Rate learning b. Understanding  
c. Application d. Correlation
7. Which type of Curve is also called as Concave Shape Learning Curve? CO4 K3  
a. Negative Learning Curve b. Positive Learning Curve  
c. Zero Learning Curve d. Both a and b
8. Leadership in sports involves is CO4 K3  
a. Only strategic planning b. Only individual achievements  
c. Guiding and motiving team d. Ignoring teamwork
9. Sports can contribute to addressing \_\_\_\_\_ issues by promoting. CO5 K4  
a. Environmental b. Political  
c. Social d. Economic
10. In which Olympics did women participate for the first time is CO5 K5  
a. 1905 b. 1900  
c. 1903 d. 1907

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

- 11.a. Write the meaning and scope of sports psychology. CO1 K1  
(or)
11. b. Write types of individual difference? CO2 K1
12. a. Define Motivation and explain its types. CO3 K2  
(or)
12. b. Write about personality and sports performance. CO3 K2
- 13.a. Briefly about transfer of learning and its types. CO4 K3  
(or)
13. b. What are the factors that affect learning? CO4 K3
14. a. Explain the nature of sports sociology. CO5 K4  
(or)
- 14.b. What is the social impact of sport? CO5 K4
- 15.a. Write about features of culture in physical education. CO2 K5  
(or)
- 15.b. Describe the role of a leadership in a physical education. CO2 K5

**Part C****5 x 12 = 60****Answer all questions****Each answer should not exceed 800 words or four pages**

16. a. Explain in psycho-sociological aspects of human behaviour in relation to physical education and sports. CO1 K1  
(or)
16. b. Explain the general characteristics of growth and development. CO1 K1
- 17.a. Define personality and explain the theories of personality? CO2 K2  
(or)
- 17.b. Write motivation technique and explain its impact on sports performance in physical education. CO2 K2
- 18.a. Explain the principles of learning with suitable example. CO5 K3  
(or)
- 18.b. Briefly explain the any four types of learning. CO3 K4
- 19.a. Write the importance of sports sociology in physical education. CO3 K4  
(or)
- 19.b. Enumerate the sociological aspects of sports and tradition in physical education. CO4 K5
- 20.a. Explain the importance of culture and their effects of culture on sports. CO2 K5  
(or)
- 20.b. How to promote women's participation in sports at various levels? CO2 K4