



Shanmugavalli

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 II – October- 2024
IV - SEMESTER

Class : II BPEd
Major : Physical Education

Time: 2 hours
Maximum Marks :60

23BPDC17 Sports Psychology and Sociology

Course Outcomes:

- CO1. Explain group mechanisms and group psychology in a sports context
- CO2. Reflect upon motivational psychology as applied to sports activities
- CO3. Formulate relevant constructs of exercise psychology
- CO4. Demonstrate the ability to discuss sociological theories, concepts, and idea in large and small groups
- CO5. To apply core sociological theories to specific social problems in order to analyze social problems

Part-A

6x1=6

Choose the correct answer

1. Physical activities develop which of the qualities among players
a. Self confidence b. Judgement c. Sportsmanship d. All the above **CO1 K2**
2. Which one of these represents intrinsic motivation?
a. Trophies b. Medals c. Enjoyment of the activity d. Money **CO1 K2**
3. The energizing force that activates behaviour and provides purpose and direction is
a. Motivation b. Personality c. Emotion d. Perception **CO3 K3**
4. Arousal is a
a. Physical activity b. psychological activity
c. Psycho physiological activity d. Ecological activity **CO3 K3**
5. Cause of violence in sport is
a. social tension with the society b. Nature of competitive sport
c. Social back hardness d. Muscular tension **CO3 K3**
6. Mental development includes
a. External and Internal organs b. Reasoning and thinking
c. Ethical and moral d. Emotional maturity **CO3 K3**

Part- B

3x6=18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Define Motivation and explain its importance
(or) **CO2 K2**
7. b. Write about motivation techniques. **CO2 K2**
8. a. Write about the meaning and nature of Anxiety
(or) **CO2 K2**
8. b. Describe the different kinds of stress **CO3 K3**
9. a. Explain about the meaning and nature of sociology
(or) **CO3 K3**
9. b. Write about the orthodox and customs in sports field **CO3 K3**

Part-C

3x12=36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Describe about the mental preparation strategies
(or) **CO2 K2**
10. b. Briefly explain about the stress management techniques **CO2 K2**
11. a. Explain about the tradition and festivals in physical education
(or) **CO2 K2**
11. b. Write about the socialization through physical education **CO2 K2**
12. a. Elucidate the meaning and importance of culture
(or) **CO2 K2**
12. b. Enumerate the effects of culture on life style **CO2 K2**

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