



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-641043, Tamil Nadu, India

Bachelor's Degree Examination - May 2025

II Semester

Class : I UG

Major : Physical Education

Time : 3 Hours

Max. Marks : 100

23BPEC05 Sports Psychology

Course Outcomes:

CO1: Promoting professionals with competency and commitment

CO2: Expertise in principles of fitness training

CO3: Obtain Knowledge for profitability with the right mind of products and services

CO4: Implement systems to ensure the upkeep and safety of the facility and the equipment

CO5: Developing different vigorous physical activity for health and fitness

Part A

10 x 1 = 10

Choose the Correct Answer

1. Who is considered the "Father of Sports Psychology"? CO1K1
 - a. Norman Triplett
 - b. Coleman Griffith
 - c. Ivan Pavlov
 - d. John Watson
2. Which branch of psychology focuses on mental processes affecting physical activity? CO1K1
 - a. Cognitive
 - b. Sports
 - c. Behavioural
 - d. Developmental
3. Athletes who remain calm under pressure and do not get easily stressed have a high level of: CO3K2
 - a. Neuroticism
 - b. Emotional Stability
 - c. Agreeableness
 - d. Openness
4. A coach encouraging players to perform well by offering rewards is using: CO3K4
 - a. Intrinsic motivation
 - b. Extrinsic motivation
 - c. Self-motivation
 - d. Emotional motivation
5. Which stage of motor learning involves slow, conscious effort and frequent mistakes? CO2K1
 - a. Autonomous stage
 - b. Cognitive stage
 - c. Associative stage
 - d. Reflexive stage
6. Which factor does not significantly affect learning in sports? CO2K3
 - a. Motivation
 - b. Practice
 - c. Genetics only
 - d. Feedback
7. The study of the impact of gender in sports is an example of which concept in sports sociology? CO4K3
 - a. Social stratification
 - b. Socialization
 - c. Gender equality
 - d. Organizational structure
8. Which leadership style focuses on rewarding athletes for performance and following established rules? CO2K2
 - a. Autocratic
 - b. Transformational
 - c. Transactional
 - d. Democratic Leadership
9. What is a key aspect of leadership in physical education? CO1K3
 - a. Encouraging teamwork and discipline among students
 - b. Ignoring individual student needs
 - c. Focusing only on winning competitions
 - d. Discouraging participation in sports
10. Which of the following is true about sports as a social phenomenon? CO3K2
 - a. Sports reflect societal values and norms
 - b. Sports exist independently of cultural influences
 - c. Sports do not change over time
 - d. Sports only serve as a form of entertainment

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. Define sports psychology and explain its primary focus.
(or) | CO2K2 |
| 11.b. Analyze the importance of sports psychology in modern sports. | CO1K1 |
| 12.a. Define personality and explain its importance in sports.
(or) | CO3K2 |
| 12.b. Define motivation in sports and explain its types. | CO2K2 |
| 13.a. Describe the types of transfer of learning.
(or) | CO2K2 |
| 13.b. Explain the nature of learning. | CO2K1 |
| 14.a. Describe the nature of sports sociology.
(or) | CO1K2 |
| 14.b. Explain the socialization and value education through physical education. | CO2K3 |
| 15.a. Explain the connection between culture and civilization in sports.
(or) | CO3K4 |
| 15.b. Identify the challenges faced by women in sports? | CO2K3 |

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

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| 16.a. Analyze the relevance of sports psychology in physical education and coaching.
(or) | CO2K3 |
| 16.b. Evaluate the psychological factors that influence sports performance. | CO4K4 |
| 17.a. Explain the concept of personality and discuss the different theories of personality in sports.
(or) | CO2K2 |
| 17.b. Describe the major dimensions of personality in sports and explain their role in athletic performance. | CO3K2 |
| 18.a. Explain the types of learning in sports psychology.
(or) | CO4K4 |
| 18.b. Summarize the laws of learning in sports psychology. | CO3K2 |
| 19.a. Discuss the importance of sports sociology in Physical Education.
(or) | CO2K2 |
| 19.b. Explain the impact of society on sports. | CO3K4 |
| 20.a. Interpret the relationship between sports and other elements of culture.
(or) | CO2K4 |
| 20.b. Identify the major social concerns in sports today? | CO3K2 |
