

AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER EDUCATION FOR
WOMEN

Continuous Internal Assessment Test II – October 2019

Class: II B.P.Ed

Time: 2 hours
Max.marks: 60

Course Outcomes:

- 1.Explain group mechanisms and group psychology in a sports context
- 2.Reflect upon motivational psychology as applied to sports activities
- 3.Formulate relevant constructs of exercise psychology
- 4.Demonstrate the ability to discuss sociological theories, concepts, and ideas in large and small groups and to express empirically as well as theoretically-based opinions.
5. To apply core sociological theories to specific social problems in order to analyze social problems.

18BPPDC17 –Sports Psychology and Sociology

Part – A

Choose the correct answer

5X1=5

- 1.The rate of progress in learning slows down and reaches a limit beyond which further improvement seems impossible. It is known as
(a) Plateau (b) loss of interest (c) Boredom (d) difficult stage. CO 3 K4
- 2.Sports performance is the bi-product of
(a) Skill (b) Conditional Ability (c) Total personality (d) tactical ability. CO 3 K1
3. Which one is the simplest form of cognition?
(a) Conception (b) Perception (c) Sensation (d) Affection. CO1 K2
4. The initial steep rise in the learning graph is an indication of quick progress and is technically known as
(a) 'End spurt' (b) 'Initial spurt' (c) Saturation point (d) None of the above CO2 K4
5. Who is regarded as the 'father' of psychology?
(a) Sigmund Freud (b) Ivan Pavlov (c) John B. Watson (d) Wundt. CO3 K2

Part – B

Answer the following in few sentences

5x2=10

6. What is a Questionnaire? CO4 K1
7. Define Sports Sociology CO1 K3

8. Is Arousal is necessary for an Athlete? Why?

CO2 K4

9. Define Orthodoxy

CO2 K1

10. Define Culture

CO2 K1

Part – C

Answer the following in 400 words/ one page

3x5=15

11 a. Write the meaning and nature of Sports Sociology (or)

CO1 K2

11 b. Write about the social group life

CO3 K1

12 a. Write in Brief about Customs(Or)

CO2 K3

12 b. Write about Effects of Culture on people lifestyle

CO4 K2

13 a. Brief – Interview method(or)

CO2 K1

13b. Write about the features of Culture

CO3 K2

Part – D

Answer the following

Answer should not exceed 800 words or four page

2X15=30

14 a. Explain Socialization through Physical Education (or)

CO1 K2

b. Explain the Festivals in Physical Education

CO2 K1

15 a. Enumerate the different method of studying Observation and

CO3 K3

Inspection Method (or)

b. Write about the need and importance of Traditional and Cultural Values for a Sports

CO2 K4

Person