

Avinashilingam Institute for Home Science and Higher Education for Women
[Deemed to be University] Coimbatore – 641 043

Bachelor's Degree Examination – November 2018

Semester III

Class : II UG
Major : Physical Education

Time : 3 Hours
Max. Marks : 100

15BPEC08 Sports Psychology and Sociology
Part – A

10 x 1 = 10

Choose the Correct Answer

1. Psychology is the study of
 - a. behaviour and mind
 - b. behaviour
 - c. mind
 - d. social and cognitive process.
2. The first metamorphosis falls between the age of -----
 - a. 3 – 5 years
 - b. 2 – 4 years
 - c. 7 – 10 years
 - d. 11 – 14 years
3. Father of social psychology -----
 - a. Kurt Lewin
 - b. Hugo Minsterberg
 - c. Jean Piaget
 - d. John B. S. Watson
4. The two factor theory of motivation is given by
 - a. Jung
 - b. Harzberg
 - c. Maslow
 - d. Alderfer
5. The initial steep rise in the learning graph is an indication of quick progress.
 - a. initial spurt
 - b. saturation point
 - c. end spurt
 - d. none of the above
6. The trial and error theory of learning was propounded by
 - a. Pavlov
 - b. Newton
 - c. Homer
 - d. Thorndik
7. The response defined as a result of training is called
 - a. conation
 - b. conditioned reflex
 - c. conditioned stimulus
 - d. unconditioned reflex
8. Stress is
 - a. detrimental to his abilities
 - b. advantages to the player
 - c. behavioral change
 - d. change of attitude
9. Autogenic training is a technique used
 - a. to increase anxiety level
 - b. to counter avoidance syndrome
 - c. to bring about relaxation in body
 - d. fartleck
10. Encouragement by spectators is a
 - a. reward incentive
 - b. monetary incentive
 - c. social competitive incentive
 - d. social incentive

Answer the following

Answer should not exceed 400 words or two pages

- 11.a. List down the importance of sports psychology.
- 11.b. Write the definition and meaning of psychology and sports psychology. (Or)
- 12.a. How to develop the personality through sports? (Or)
- 12.b. Define transfer of learning.
- 13.a. List down the causes of individual differences. (Or)
- 13.b. Write the factors of influence learning.
- 14.a. Write the scope of sports sociology? (Or)
- 14.b. Give meaning and definitions of sociology.
- 15.a. Describe the learning curve.
- 15.b. Explain the term motivation. (Or)

Part – C

Answer the following

Answer should not exceed 800 words or four pages

- 16.a. Explain growth and development of sports psychology.
- 16.b. Explain various branches of sports psychology. (Or)
- 17.a. List down the measures of personality.
- 17.b. Explain the factors of learning and performance. (Or)
- 18.a. Discuss and list down the behavioural characteristics.
- 18.b. Explain theories of learning with example. (Or)
- 19.a. List down the national sports agents.
- 19.b. Describe the nature of sports sociology. (Or)
- 20.a. Explain the types of individual difference.
- 20.b. What is emotion? How it influence and affect the performance? (Or)
