

Class : II BPEd

Major : Physical Education

Max Marks: 30

18BPDC17 – 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 ideas in large and small groups and to express empirically as well as theoretically-based opinions

CO5: To apply core sociological theories to specific social problems in order to analyze social problems.

Part – A

Answer all the questions

6X 1 = 6

1. Which one of these represents intrinsic motivation? CO1 K1
A) Trophies B) Medals C) Enjoyment of the activity D) Money
2. Which of the following is an indication of under-arousal? CO2 K1
A) Lack of energy B) Increased heart rate C) Constant movement D) Butterflies in stomach
3. Stress can be defined as a negative emotional experience accompanied by: CO3 K2
A) Physiological changes. B) Cognitive changes. C) Behavioral changes D) All of the above
4. Personality tests should be used to: CO3 K1
A) Select team members B) Identify poor athletes C) Recruiting new participants
D) Monitor mood changes during training
5. Which of the following is NOT a primary role of a sports psychologist? CO4 K3
A) Strength & Conditioning Coach B) Researcher C) Teacher D) Consultant
6. Which one is the simplest form of cognition? CO3 K4
a) Conception b) Perception c) Sensation d) Affection.

Part – B

Answer any two questions and it should not exceed 400 words

2 X 6 = 12

7. Write about the importance of Sports Psychology CO2 K3
8. Brief about the Laws of Learning CO3 K1
9. Explain the various stages of Growth and Development CO5 K2
10. Explain the factors responsible for individual difference

Part – C

Answer any one and it should not exceed 800 words

1 X 12 = 12

- 11 Explain about the dimensions of personality CO2 K3
- 12 Explain any two theories of learning CO4 K2