



Murugesu

Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Examination – December 2023
III Semester

Class : II UG
Major : Physical Education

Time : 3 Hours
Max. Marks : 100

21BPEC08 – Sports Psychology and Sociology

Course Outcomes

1. Analyse a range of factors within and outside individuals which influence mind and behaviour
2. Effectively develop and apply health, physical activity, and psychological principles as they relate to human performance
3. Design, conduct, and evaluate research that address psychological questions
4. Explain the major perspectives of psychology (e.g. biological, cognitive, behavioral, sociocultural,
5. Design, conduct, and evaluate research that address psychological questions

Part A
Choose the Correct Answer

10 x 1 = 10

1. Psychology means----
a. Study of mind
b. Science of the mind
c. Science of the personality
d. All the above
CO1 K2
2. Study about the human behaviour is
a. Sociology
b. Psychology
c. Physiology
d. Kinesiology
CO2 K3
3. How many types of motivations are there?
a. 2
b. 4
c. 5
d. 6
CO3 K3
4. Extrinsic motivation is
a. Social incentive
b. monetary incentive
c. Reward incentive
d. All the above
CO2 K3
5. Individual attention to students is important in the classroom
a. helps the teacher to take care of individual differences between students
b. it creates homogeneity in class
c. it is taught in the teacher education programme
d. it checks the teacher's ability to handle individual differences successfully
CO3 K4
6. _____ were the originators of the 'learning curve'
a. Crow-Crow
b. Bryan and Harter
c. Peel and Marx
d. Biggi and Hunt
CO3 K5
7. The term 'Sociology' was coined by
a. Saint Simon
b. Auguste Comet
c. Herbert Spencer
d. Durkheim
CO2 K2
8. In which year the term 'Sociology' was coined?
a. 1798
b. 1815
c. 1857
d. 1839
CO3 K3
9. Aggressive behavior of a sports person is influenced by:
a. Emotional identification with team
b. Tactical ability
c. Goal orientation
d. All the above
CO2 K3
10. What type of people express their feelings openly?
a. Introvert personality
b. Extrovert personality
c. Both (a) and (b)
d. None of the above
CO4 K2

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Briefly write down the aims and objectives of Sports Psychology and Sociology. CO2 K2
(or)
11. b. Briefly discuss the branches of sports psychology. CO3 K3
- 12.a. Write the components of personality . CO4 K4
(or)
- 12.b. Write down a short notes on (a) Motivation (b) Feedback. CO3 K2
- 13.a. Briefly explain laws of learning. CO2 K4
(or)
- 13.b. Write short notes on (a) Learning curve (b) Transfer learning. CO3 K2
- 14.a. Write down the meaning and importance of sociology in the field of physical education. CO2 K4
(or)
14. b. Mark out the socializing institutions. CO2 K2
- 15.a. What are the social issues in sports? Explain. CO4 K3
(or)
15. b. Write down the social barriers for women in sport CO4 K4

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Explain the need and importance of sports psychology. CO3 K2
(or)
- 16.b. Elucidate the history of sports psychology. CO2 K2
- 17.a. Elucidate the factors affecting personality development. CO3 K3
(or)
- 17.b. Illuminate the factors affecting learning and performance. CO3 K3
- 18.a. Explain the significances of growth and development in the field of physical education. CO2 K4
(or)
- 18.b. Enumerate theories of learning. CO3 K3
- 19.a. Explain the nature and scope of sports sociology. CO2 K2
(or)
- 19.b. Explain the factors of socialization. CO4 K4
- 20.a. Discuss the elements of sports culture. CO3 K3
(or)
- 20.b. Explain the qualities of leadership. CO2 K1
