



Mairany

**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

**Continuous Internal Assessment Test II November- 2023**

III - UG.

**Time -2 hours**

**Course :Physical Education**

**Class: II BPEd**

**Max marks -60**

**21BPDC17 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. The Trial and Error theory of Learning was propounded by CO3K1  
a) Newton b) Pavlov c) Thorndike d) Homer
2. The cause of frustration among sports person is CO2K2  
a)Result of own performance  
b)Normally due to mismatched level pf aspiration and ability  
c) Result of good performance  
d) Natural outcome of competitive sports
3. What aspect of movement refers to body awareness CO1K2  
a) To identify the parts of the body and the whole  
b) To establish the relationship of the body parts  
c) Able to identify the body parts  
d) all the above
4. Autogenic training is a technique CO2K2  
a)To bring about relaxation in body  
b)To increase anxiety level  
c) to counter avoidance syndrome  
d) both B and C
5. The stress condition is CO4K3  
a) Advantageous to the performer b) Detrimental to the performer  
c) Neither d) Helpful in the development of the strength
6. Sociology analyses the concept of CO2K2  
a) Civilization  
b) Juvenile delinquency  
c) Other ills  
d) All the above

**Part – B**

Answer all Questions

Each Answer should not Exceed 400 words or two pages

3 X 6 = 18

- 7.a. Define motivation and explain its factors influencing motivation? CO2K2
- OR
- 7.b. Explain the motivation techniques and its performance CO2K1

- 8.a. Write about the different relaxation techniques CO2K3
- OR
8. b. Define Stress and Explain its types? CO2K3
- 9.a. Enumerate the arousal and its effect on sports performance? CO2K3
- OR
- 9.b. Describe about the aggression and sports? CO2K3

**Part – C**

Answer all questions

Each answer should not exceed 800 Words or Four pages

3 X12=36

- 10.a. Explain about the socialization through physical education (OR) CO2K3
- 10.b. Define sports sociology and explain its need and importance? CO2K2
- 11.a. Describe about the motivation techniques in sports (OR) CO3K3
- 11.b. Write about festivals and physical education? CO2K3
- 12.a. Explain about the tradition in physical education? (OR) CO2K2
- 12.b. Explain about the orthodoxy, customs and culture in sports sociology? CO3K3

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Staff Handling : Dr.M.Mary Glory Ponrani