

**Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore**  
**Bachelor's Degree Examination – October 2020**  
**III SEMESTER**

Class: II BSC

**Major: Physical Education**

Max.Marks: 30

**18BPEC08 –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. Demonstrate effective written and oral skills in various formats and for various purposes
5. Explain the major perspectives of psychology (e.g. biological, cognitive, behavioral, sociocultural, etc.)

**Part – A**

**Choose the correct answer**

**6X1 = 6**

1. The response defined as a result of training is called C01 K1  
a) Conditioned stimulus (b) unconditioned reflex (c) Conditioned reflex (d) conation.
2. The 'father' of psychology? C02K4  
a) Sigmund Freud (b) Ivan Pavlov (c) John B. Watson (d) Wundt.
3. Encouragement by spectators is a C03K3  
a) Social incentive b) Monetary incentive  
c) Reward incentive d) social competitive incentive.
4. Which is the lowest level of learning? C03K5  
a) Rate learning (b) Understanding (c) Application (d) Correlation.
5. Which is the description of the methods of personality measurement? C02K5  
a) Rating scale (b) Interviews & observations (c) Paper & pencil test (d) All the above.
6. Religion, marriage, family, caste are example of– C04K6  
a) social values b) social institutions  
c)social norms d)social segmental division of society

**Part – B**

Answer any two questions and it should not exceed 400 words

2 X 6 = 12

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|------------------------------------------------------|--------|
| 7. Write the meaning and nature of Sports Psychology | CO2K6  |
| 8. Nature of Motivation – Briefly Explain            | CO4 K5 |
| 9. Dimension of Personality – Give brief note        | CO1K4  |
| 10. Enumerate the Kinds of Anxiety                   | CO3K1  |

**Part – C**

Answer any one and it should not exceed 800 words

1 X 12 = 12

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|-----------------------------------------------------------------|--------|
| 11. Explain Factors affecting the development of personality    | CO2K4  |
| 12. Write in detail about Types of Motivation and Reinforcement | CO3 K4 |