



Mamiraj

Avinashilingam Institute for Home Science and Higher Education for Women

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

Bachelor of Physical Education Degree Examination – December 2023 III Semester

Class: II B.P.Ed./ 2021 Batch (Repeater)

Time : 3 Hours
Max. Marks : 100

21BPDC17 Sports Psychology and Sociology

Course Outcomes:

- CO1: Explain group mechanism and group Psychology in a sport context
CO2: Reflect upon motivational Psychology as applied to sports activities
CO3: Formulate relevant constructs 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 theatrically based opinions
CO5: To apply core sociological theories to specific problems in order to analyze social pattern

Part A

10 x 1 = 10

Choose the Correct Answer

1. State the Physical growth and development slows down between the years of age
a. 5- 8 years b. 3-5 years c. 4-6 years d. 8 -10 years CO2 K1
2. Teacher plays an important role in identifying behaviours of the students and be the mentors to the students at the age of
a. 15 -20 years b. 12 -18 years c. 13-16 years d. 18-20 years CO3 K3
3. A tool which help the athletes to maintain a vision and assist to achieve in sport
a. Imagery b. Skill c. Goal d. Cohesion CO2 K4
4. The correct term which explains the human relationship, culture, pattern among the groups in sports
a. Psychology b. Sports c. Sociology d. society CO3 K2
5. Which one the following is not considered as primary group?
a. Family b. Friends c. Peer group d. Interpersonal CO2 K5
6. The way of life of entire society is considered as
a. Society b. Culture c. Sociology d. common public CO1 K3
7. Social group life resulted in
a. Mental fitness b. Physical fitness
c. Societal status d. adjustment mechanism CO3 K1
8. Which one of the following is not the first theory of learning?
a. Cognitive theory b. Behavioural theory c. constructivism theory d. humanistic CO4 K2
9. When Psychological or Physical needs are not met due to stimulation & stress resulted in
a. Anxiety b. Stress c. Arousal d. Anger CO3 K5
10. Traits such as talkative energetic assistive and outgoing refers to
a. Introvert b. Extrovert c. Openness d. Psychoticism CO4 K1

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Explain the significance of sports psychology in Physical education programme. **CO2 K3**
(or)
11.b. Enlist the nature of individual differences among the children. **CO3 K5**
- 12.a. Write the theories of behaviourism in learning. **CO4 K1**
(or)
12.b. Elucidate the laws of readiness, exercise and effect. **CO3 K4**
- 13.a. List down the factors influencing motivation. **CO2 K2**
(or)
13.b. Define mental preparation and write few exercises to support the preparation. **CO1 K6**
- 14.a. Explain the term sports sociology with suitable example. **CO2 K6**
(or)
14.b. Differentiate the concept of customs and tradition in sports. **CO3 K1**
- 15.a. Write the important features of culture in a society. **CO4 K2**
(or)
15.b. Explain the questionnaire and interview method. **CO3 K3**

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Explain the role of heredity and environment in determining behaviour of an athlete. **CO2 K4**
(or)
16.b. Discuss the psycho-sociological aspects of human behaviour in relation to and sports. **CO1 K6**
- 17.a. What is transfer of learning? And explain its significance in teaching sports skills. **CO3 K4**
(or)
17.b. Discuss the different characteristic of personality in detail. **CO2 K4**
- 18.a. Explain the types of motivational technique. **CO3 K3**
(or)
18.b. How to overcome the stress among the sports women during the competition? **CO4 K4**
- 19.a. Justify the social science's influence on sports participation and performance. **CO2 K6**
(or)
19.b. Illustrate the establishment of socialization in Physical education. **CO3 K6**
- 20.a. List out the five characteristic of culture in detail. **CO4 K1**
(or)
20.b. Explain the different methods of studying observation method. **CO3 K3**
