



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 (now MoE)
Re-accredited with A++ Grade by NAAC. CGPA 3.65 /4, Category I by UGC
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test I – August- 2025
III - SEMESTER

Class : II BPED
Major : Physical Education

Time: 2 hours
Maximum Marks :60

23BPDC17 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 idea in large and small groups
- CO5. To apply core sociological theories to specific social problems in order to analyze social problems

Part-A

6x1=6

Choose the correct answer

1. A Systematic change in mental process that underlie all learning and performance is
a. Cognitive development b. Moral Development
c. Intellectual development d. Social emotional development
CO2K2
CO1K2
2. Which age is determined by the signs of puberty?
a. Chronical age b. Anatomical age
c. Physiological age d. Mental age
CO3K2
3. Which one is the backbone of all developments?
a. Emotions b. Involvement
c. Interest and attitude d. Uncertainty
CO3K3
CO3K3
4. Awareness of the body position is called
a. Kinaesthetic sense b. Aesthetic sense
c. Ethnic sense d. Physical sense
CO3K3
5. Cephalo – cadal growth means
a. Growth from head-to-toe b. Growth from general to specific
c. Growth from birth to death d. No uniform growth
CO2K3
6. A person's perception of his own personality traits reflected in his
a. Self- regard b. Self -concept
c. Self – efficacy d. Self - esteem

Part- B

3x6=18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Define Sports psychology and explain its importance
(or)
CO2K2
7. b. Write about Hereditary and environment
CO2K2
- 8 a What are the characteristics of personality
(or)
CO2K2
- 8.b Describe the nature of learning
CO2K2

9. a Define motivation and explain in its types CO3K3
(or)
9. b Write about theories of learning CO3K3

Part-C

3x12=36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Describe about the various stages of growth and development CO2K2
(or)
10. b. Briefly explain about the types and nature of individual differences CO2K2
11. a. Enumerate about the psycho sociological aspect of human behavior in physical education CO2K2
(or)
11. b. Write about the laws of learning and plateau in learning CO2K2
12. a. Elucidate the various dimensions of personality CO2K2
(or)
12. b. Enumerate the personality and sports performance CO2K2

No. of Copies: 35

Staff in-charge: Dr.T. Shanmugavalli