



K. Sambath

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 II – March 2026
II Semester

Class : I BSc
Major : Physical Education

Time: 2 hours
Maximum Marks: 60

23BPEC05-Sports Psychology

Course Outcomes:

- 1..The study would orient the student in basic concepts of psychology.
2. The student would be oriented in identifying factors determining one's overall personality.
- 3 The student would understand various laws of learning and their relevance in teaching learning process.
- 4.The study would orient him in getting through with the psychology of sports person.
5. Able to apply the principles and theories in their regular practice

Part - A

6 x 1 = 6

Choose the Correct Answer

1. Which of the following is considered a key social value learned through sports? CO3K2
a. Individualism b. Aggression c. Teamwork d. Isolation
2. Sports sociology examines how sports are influenced by which of the following? CO2K3
a. Gender b. Social class c. Ethnicity d. environment
3. What does sports sociology primarily deal with CO3K2
a. Physical training methods b. Human relationships and interactions during physical activity
c. Biological development of athletes d. Legal aspects of sports
4. The study of sport in society helps to challenge: CO1K5
a. "Natural" and taken-for-granted views about sport b. The need for coaching
c. The rules of the game d. Physical education requirements
5. Which of the following is a major area of study within sports sociology? CO2K1
a. The role of sports in socialization b. Metabolic rate calculation
c. Muscle fiber type d. Cardiovascular endurance
6. The "formalistic school" in sociology studies: CO1K3
a. Social relationship b. Economics
c. Geography d. Leadership

Part - B

3 x 6 = 18

Each answer should not exceed 400 words or two pages

7. a. Define sports Sociology and Its meaning CO3K2
(or)
7. b. Enumerate nature of Sports Sociology in Physical Education CO2K3
8. a. Define and Meaning and Nature of Personality CO1K3
(or)
8. b. Illustrate nature and principles of learning CO5K4
9. a. Explain difference between plateau and factors of learning CO4K3
(or)
9. b. What is the difference between of Law of learning and transfers of learning CO3K3

Part - C

3 x 12 = 36

Each answer should not exceed 800 words or four pages

10. a. Illustrate the importance of sports Psychology in Physical Education CO2K3
(or)
10. b. Enumerate the Sociological Factors affecting sports performance CO3K3
11. a. Explain about Theories value education in sports CO4K4
(or)
11. b. Enumerate the impact of society in sports and addressing the problem in sports CO4K3
12. a. Illustrate the types and laws of learning CO1K4
(or)
12. b. Enumerate the Psychological Factors affecting learning CO2K3
