



**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 – September 2021
III- Semester**

**Class : II BSc
Branch : Physical Education**

**Time : 2 Hours
Max. Marks : 60**

18BPEC08 – Sports Psychology and Sociology

Course Outcomes:

- CO1 : Analyze a range of factors within and outside individuals which influence mind and behavior
CO2 : Effectively develop and apply health, physical activity, and psychological principles as they relate to human performance
CO3 : Design, conduct, and evaluate research that address psychological questions
CO4 : Demonstrate effective written and oral skills in various formats and for various purposes
CO5: Explain the major perspectives of psychology (e.g. biological, cognitive, behavioral, sociocultural, etc.)

**Part A
Choose the Correct Answer**

6 x 1 =6

1. 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.
2. Encouragement by spectators is a C03K3
a) Social incentive b) Monetary incentive c) Reward incentive d) social competitive incentive.
3. The response defined as a result of training is called C01 K1
a) Conditioned stimulus b) unconditioned reflex c) Conditioned reflex d) conation.
4. Who is regarded as the 'father' of psychology? C02K4
a) Sigmund Freud (b) Ivan Pavlov (c) John B. Watson (d) Wilhelm Wundt.
5. Who is regarded as the 'father' of psychology? C02K4
a) Sigmund Freud (b) Ivan Pavlov (c) John B. Watson (d) Wundt.
6. The foremost skill required for learning a language is _____ C02K4
a) Writing skill b) Reading skill c) Speaking skill d) Listening skill

Part B

3 x 6 = 18

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 7.a. Write the meaning and nature of Sports Psychology (or) CO2K4
- 7.b. Write the types of Individual differences CO2K6
- 8.a. Write about the Laws of Learning (Or) CO1K4
- 8.b. Nature of Motivation – Briefly Explain CO2K5
- 9.a. Write about Servo Mechanism CO3 K2
- (or)
- 9.b. Brief about Learning Curve CO2 K3

Part C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 10.a. Elaborate the Types of Learning CO1 K2
- (or)
- 10.b. Explain in detail about the factors influencing the Learning Performance and Factors Affecting the Learning Performance CO2 K3
- 11.a. Write about the Branches of Sports Psychology CO4 K4
- (or)
- 11.b. Explain the Types of Individual Differences CO5 K3
- 12.a. Explain any 2 theories of learning CO1 K5
- (or)
- 12.b. Write in detail about Growth and Development CO2 K3
