(6 pages)

Reg. No.:

Code No.: 10536 E Sub. Code: CSPE 41

B.Sc.(CBCS) DEGREE EXAMINATION, APRIL 2023.

Fourth Semester

Physical Education — Skill Based Subject SPORTS PSYCHOLOGY AND SOCIOLOGY (For those who joined in July 2021 onwards)

Time: Three hours

Maximum: 75 marks

PART A — $(10 \times 1 = 10 \text{ marks})$

Answer ALL questions.

Choose the correct answer:

- What is the definition of Sports Psychology?
 - (a) The study of the physical aspects of sports.
 - (b) The study of the Physiological aspects of sports
 - (c) The study of the rules and regulations of sports
 - (d) The study of the mental and emotional aspects of sports

- 2. Why is Sports Psychology relevant in Physical Education and Coaching?
 - (a) It helps athletes improve their physical abilities.
 - (b) It helps athletes improve their mental abilities.
 - (c) It has no relevance in physical education and coaching.
 - (d) It helps athletes improve their skill abilities.
- 3. What are the dimensions of Personality in sports?
 - (a) Emotionality, intellectuality, and extroversion.
 - (b) Agreeableness, conscientiousness and neuroticism
 - (c) Introversion, extraversion, and neuroticism
 - (d) Introversion and intellectuality.
- 4. Sports performance is the bi-product of
 - (a) Skill
- (b) Conditional ability
- (c) Total personality
- (d) Tactical ability

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- What are the principles of learning? 5.
 - (a) Practice, feedback and reinforcement.
 - (b) Attention, retention and reproduction.
 - (c) Association, reinforcement, and motivation.
 - (d) Concentration, Aggression, and Anxiety.
- What is Sports Sociology? 6.
 - (a) The study of the physical aspects of sports.
 - (b) The study of the social aspects of sports.
 - (c) The study of the Psychological aspects of
 - (d) The study of the Physiological aspects of Sports.
- The effect of the learning and performance of one skill on the learning and Performance of another is called
 - (a) Transfer of learning
 - (b) Document in Learning
 - (c) Learning
 - (d) Satisfaction
- That the things most recently learned are best 8. remembered refers to
 - (a) Law of intensity
- (b) Law of effect
- (c) Law of Primacy
- (d) Law of recency

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- What are some strategies coaches can use to 'enhance their athletes' extrinsic motivation?
 - (a) Setting realistic goals and Providing feedback.
 - (b) Providing rewards and incentives.
 - (c) Encouraging athletes to focus on the intrinsic rewards of sports
 - (d) Increasing self-esteem and self-confidence
- is an urge to push towards a goal. 10.
 - (a) Motivation ·
- (b) Self-confidence
- (c) Personality
- (d) Aggression

PART B — $(5 \times 5 = 25 \text{ marks})$

Answer ALL questions, choosing either (a) or (b).

(a) Definition and meaning of Sports psychology.

- (b) Historical Evolution of Sports psychology -Discuss.
- (a) Definition and meaning of personality.

Or

(b) Dimensions of personality – Explain.

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[P.T.O.]

13. (a) Meaning of Motivation.

O

- (b) Write the impact of motivation on Sports Performance.
- 14. (a) Principles of Learning Explain.

Or

- (b) Factors affecting learning Explain.
- 15. (a) Explain Nature of Sports Sociology.

O

(b) Explain- Importance of Sports Sociology in Physical Education.

PART C —
$$(5 \times 8 = 40 \text{ marks})$$

Answer ALL questions, choosing either (a) or (b).

 (a) Relevance of Sports Psychology in Physical Education and Coaching.

Or

- (b) Psychological factors affecting Sports performance Describe.
- 17. (a) Theories of personality in sports Explain.

Or

(b) Write the impact of personality on Sports Performance.

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18. (a) Types of motivation and its impact on sports performance.

Or

- (b) Conditions of developing motivation in Sports Discuss.
- 19. (a) Laws of learning Explain.

Or

- (b) Explain Types of Learning.
- (a) Socialization and value education through Physical Education – Explain.

Or

(b) Describe – Impact of society on sports and vice versa.

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