



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

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

PART B — (5 × 5 = 25 marks)

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

11. (a) Definition and meaning of Sports psychology.
- Or
- (b) Historical Evolution of Sports psychology - Discuss.
12. (a) Definition and meaning of personality.
- Or
- (b) Dimensions of personality – Explain.

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13. (a) Meaning of Motivation.  
Or  
(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.  
Or  
(b) Explain- Importance of Sports Sociology in Physical Education.

PART C — (5 × 8 = 40 marks)

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

16. (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.
20. (a) Socialization and value education through Physical Education – Explain.  
Or  
(b) Describe – Impact of society on sports and vice versa.

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