

# KAMARAJ COLLEGE (Autonomous)

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(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)

(3 Pages)

Reg. No:.....

Question Code: 26E02906

Course Code : 24UEPE31

UG Degree - End Semester Examinations, April 2026

Third Semester

B.Sc., PHYSICAL EDUCATION

Sports Psychology and Sociology

(For those who joined in July 2024 onwards)

Time : 3Hours

Maximum : 75 Marks

## PART - A (10 × 1 = 10 Marks)

Answer ALL Questions

Choose the correct answer :

- CO:1 1. Professional psychologist works with athlete not to  
K:1  
(a) Improve motivation  
(b) Help them function to more effectively  
(c) Treat psychological condition that can affect performance  
(d) Develop anaerobic threshold
- CO:1 2. Testing measurement, assessment and related activities of  
K:1  
psychology is \_\_\_\_\_  
(a) Podometrics (b) Biometrics  
(c) Psychometrics (d) Anthropometrics
- CO:2 3. \_\_\_\_\_ is related to the development of motor skills and ability.  
K:2  
(a) Motor learning (b) Motor fitness  
(c) Motor wellness (d) Motor educability
- CO:2 4. Organized pattern of muscular activities like throwing the ball,  
K:2  
kicking ball is \_\_\_\_\_  
(a) Motor ability (b) Psychomotor learning  
(c) Socio metrics (d) Kinesiology
- CO:3 5. Which one is the simplest form of cognition?  
K:2  
(a) Conception (b) Perception  
(c) Sensation (d) Affection

- CO:3 6. Fear, worry and unease in sports is \_\_\_\_\_  
K:2 (a) Tension (b) Anxiety  
(c) Stress (d) Aggression
- CO:4 7. Autogenic means  
K:2 (a) Self-training (b) Self-talk  
(c) Self-reliant (d) Self-generating
- CO:4 8. \_\_\_\_\_ identity refers to those attributes of a person that make  
K:1 them different from others.  
(a) Personal (b) Social  
(c) Emotional (d) Anxiety
- CO:5 9. Which leadership style takes full charge of its team?  
K:1 (a) Permissive (b) Autocratic  
(c) Directive (d) Democratic
- CO:5 10. Leadership in sports involves: \_\_\_\_\_  
K:1 (a) Only physical (b) Dictatorship style  
Dominance management  
(c) Guiding and motivating (d) Ignoring team dynamics  
team members

**PART - B (5 X 5 = 25 Marks)**

**Answer ALL Questions choosing either (a) or (b).**

**Answer should not exceed 250 words.**

- CO:1 11. (a) List the role of psychology in the field of physical education  
K:3 and sports.

**(OR)**

(b) Write Short notes on Psychology and Sports Psychology.

- CO:2 12. (a) Give an outline about the Motor learning, Endurance and  
K:3 Flexibility.

**(OR)**

(b) Give an outline about the Psychomotor learning.

- CO:3 13. (a) Explain the stress influence of sports performance.  
K:3

**(OR)**

(b) Write short notes on a) Anxiety b) Tension.

- CO:4 14. (a) Describe the effect of music in Psychological variables.

K:4

**(OR)**

(b) Describe the theories of Aggression.

CO:5 15. (a) Classify the social factors in sports.

K:4

**(OR)**

(b) Classify the influence of fans and spectators in sports.

**PART - C (5 X 8 = 40 Marks)**

**Answer ALL Questions choosing either (a) or (b).**

**Answer should not exceed 500 words.**

CO:1 16. (a) Explain the need and importance of sports psychology in the  
K:3 field of physical education and sports.

**(OR)**

(b) Explain the development of sports psychology in India.

CO:2 17. (a) Describe the motor consideration of motor learning.

K:3

**(OR)**

(b) How does body build influence motor learning? Explain

CO:3 18. (a) Describe the theory of perception.

K:3

**(OR)**

(b) Describe Witkin's theory of the emotional effects of tension.

CO:4 19. (a) Classify the effect of Autogenic training.

K:4

**(OR)**

(b) Classify the personality traits that influence sports performance in a sports person.

CO:5 20. (a) Explain the leadership style that influence sports team  
K:3 Cohesion.

**(OR)**

(b) Explain the scope of sociology in physical education and sports.