



**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 II – April 2025**  
**II Semester**

**Class: I PG**

**Branch: Applied Psychology**

**23MAPC10SPORTS PSYCHOLOGY**

**Time: 2 Hours**

**Max. Marks: 60**

**Course Outcomes:**

**CO1:** Define the Practice of Sports and Performance Psychology

**CO2:** Identify the Elements of Sports Psychology and assess motivation and participation

**CO3:** Evaluate Peer Relationships in Physical Activity and the psychological aspect of sports person.

**CO4:** Assess the Mindfulness and Intention Behavioral Relationship

**CO5:** Indicate and assess the Attribution in Sports Psychology

**Part A**

**6 x 1 = 6**

**Choose the Correct Answer**

1. Self-regulation in exercise is CO3K1
  - A) The ability to control external factors affecting performance
  - B) The capacity to plan, monitor, and adjust one's exercise behavior
  - C) The process of seeking professional guidance for physical fitness
  - D) The unconscious engagement in physical activities
  
2. A key long-term psychological effect of regular physical exercise CO3K2
  - A) Immediate mood enhancement
  - B) Increased stress levels
  - C) Reduced risk of mental health issues
  - D) Decreased cognitive function
  
3. Mindfulness primarily helps in bridging the gap between: CO4K1
  - A) Intention and actual behavior
  - B) Physical fitness and mental stability
  - C) Past experiences and future expectations
  - D) Internal and external motivation
  
4. According to theories, mindfulness impacts behavior by: CO4K2
  - A) Increasing rational reactions
  - B) Strengthening automatic habits
  - C) Enhancing awareness and decision-making
  - D) Reducing the need for
  
5. In sports psychology, attributions refer to: CO5K1
  - A) The causes athletes assign to their performance outcomes
  - B) The physical traits required for optimal performance
  - C) The statistical analysis of team success
  - D) The emotional support provided by coaches
  
6. An athlete who believes success is due to effort and strategy rather than luck is demonstrating: CO5K2
  - A) External locus of control
  - B) Learned helplessness
  - C) Internal attribution
  - D) Situational reasoning

**Part B**

**3 x 6 = 18**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 7.a. Explain the role of peer relationships in promoting physical activity among adolescents. CO3K3

(Or)
- 7.b. Discuss the importance of self-control in maintaining an exercise routine. CO3K2
- 8.a. Analyze the role of mindfulness in bridging the intention-behavior gap CO4K1

(Or)
- 8.b. Explain how mindfulness improves decision-making in physical activity participation. CO4K2
  
- 9.a. Discuss how attribution theory explain success and failure in sports. CO5K3

(Or)
- 9.b. Discuss the psychological benefits of a healthy mindset in sports performance. CO5 K3

**Part C**

**3 x 12 = 36**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

10.a. Discuss the short-term and long-term psychological effects of physical exercise on individuals. CO3 K1

(Or)

10.b. Evaluate the impact of self-regulation strategies in improving adherence to physical activity. CO3 K1

11.a. Critically analyze how mindfulness can influence long-term behavioral change in athletes. CO4 K1

(Or)

11.b. Discuss the theoretical relationship between mindfulness, intention, and behavior in the context of sports psychology. CO4 K2

12.a. Examine the role of attribution in sports psychology and how it influences an athlete's motivation. CO5 K2

(Or)

12.b. Discuss the practical applications of attribution theory in enhancing sports performance. CO5 K1

\*\*\*\*\*

**Copies: 23**

**Staff in charge: Mrs. Srinithi, A. M**