

**Avinashilingam Institute for Home Science and Higher Education for Women  
(Deemed to be University) Coimbatore-641043.**

**Master's Degree Examination – November 2018  
III Semester**

**Class : II PG  
Major : Applied psychology**

**Time: 3 hours  
Max. Marks: 60**

**17MAPC18 SPORTS PSYCHOLOGY (Self study)**

**Part A**

**10 x 1/2 = 5**

**Choose the correct answer**

1. The concept self efficacy was proposed by  
a. Bhatia                      b. Alfred Adler                      c. Albert Bandura                      d. Schneider
2. The major topic in sports psychology is  
a. imagery                      b. Attentional focus                      c. motivation                      d. All the above
3. Good stress means  
a. eustress                      b. distress                      c. chronic stress                      d. Acute stress
4. The contributors of state anxiety is  
a. perfectionism                      b. traits                      c. personality                      d. physique
5. Self control is promoted by  
a. bio feedback                      b. relaxation                      c. breathing exercise                      d. All the above
6. Efforts to alter one's own behaviour without others' intervention is known as  
a. autogenic training                      b. rehabilitation                      c. self regulation                      d. BFB
7. The state of transcendental meditation resembles  
a. sleep state                      b. drowsy state                      c. sleep and drowsy state                      d. none
8. Meditation is a form of  
a. physical exercise                      b. Mental exercise                      c. physical and mental combined                      d. Only mental
9. The founder of attribution studies is  
a. Fritz pearl                      b. Heider                      c. Kelly                      d. Asch
10. Attribution retraining involves changing maladaptive  
a. outcomes                      b. explanations                      c. behaviours                      d. cognitions

**Part B****Answer ALL questions****Each answer should not exceed 200 words or one page**

- 11.a. Write short note on the scope of sports psychology.  
(Or)
- 11.b. Narrate the nature of performance psychology.
- 12.a. Brief mention about the state anxiety.  
(Or)
- 12.b. Explain the aspects of positive sports psychology.
- 13.a. Explain the peer relationship to promote physical activity.  
(Or)
- 13.b. How the self regulation to contribute to sustainability in exercise? Narrate.
- 14.a. Write short notes on the role of mindfulness in sports.  
(Or)
- 14.b. Briefly mention about the mindfulness and attention of sports personnel.
- 15.a. Explain the methods of assessing attributes in sports.  
(Or)
- 15.b. Write short notes on attributional retraining.

**Part C**

5 x 7 = 35

**Answer ALL questions****Each answer should not exceed 600 words or three pages**

- 16.a. Elaborate on the beliefs of coaches.  
(Or)
- 16.b. Describe the importance and development of self efficacy in sports psychology.
- 17.a. Discuss about the motivation-participation interface.  
(Or)
- 17.b. How sports personnel perceive stressor? Examine.
- 18.a. Give a detailed account on long term and short term psychological effects of physical exercise.  
(Or)
- 18.b. Elaborate on the contribution of physical activity in adolescent adjustment.
- 19.a. Elaborate the procedure for mindfulness.  
(Or)
- 19.b. How mindfulness promote sports behaviour? Substantiate.
- 20.a. Evaluate the attribution theories in sports.  
(Or)
- 20.b. Write an essay on healthy mind for sports personnel.