



Avinashilingam Institute for Home Science and Higher Education for Women

Deemed to be University Estd. u/s 3 of UGC Act 1956, Category 'A' by MHRD (now MoE)

Re-accredited with 'A++' Grade by NAAC. CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test I – February 2025

Semester-II

Class: IPG
Branch: Applied Psychology

Time: 2 Hours
Max. Marks: 60

23MAPC10 SPORTS PSYCHOLOGY

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

- The first experiment in social psychology and sport psychology was by
a. Coleman Griffith b. Kremer J c. Norman Triplett d. Scully D CO1 K1
- The British Psychological Society's Sport and Exercise Psychology Section(BASES) registration of sport psychologists has only existed since
a.1965 b.1932 c. 1971 d. 1992 CO1 K1
- It refers to the anxious thoughts that accompany somatic anxiety
a. cognitive anxiety b. somatic anxiety c. trait anxiety d. state anxiety CO2 K2
- The leader who allows complete freedom in decision making and do not participate in the group activities
a. Autocratic b. Democratic c. Laissez fair d. All of the above CO2 K3
- Sports performance is the bi-product of
a. Tactical Ability b. Total Personality c. Skill d. Conditional Ability CO3 K1
- 'Exercise for the body and music for the soul' this is a common adage in this country
a. Italy b. France c. Greece d. Germany CO3 K3

Part B

3 x 6 = 18

Answer ALL questions

Each answer should not exceed 400 words or two pages

- a. Explain the relationship between motivation and anxiety. CO1K1
(Or)
- b. State the role of self Concept in Performance. CO1K1
- a. Understand Performance Anxiety and stress CO2 K1
(Or)
- b. Discuss the use of Mental Imagery in sports CO2 K2
- a. Discuss the scope of sports psychology. CO3 K2
(Or)
- b. Illustrate the role of Peer Relationships in Physical Activity. CO3 K3

Part C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 800 words or four pages

- a. Differentiate discuss ways to manage State and Trait Anxiety CO1 K1
(Or)
- b. Elaborate on role of sports psychologists. CO1 K1
- a. Delineate the evolution of the field of Sports Psychology in India CO2 K1
(Or)
- b. Elaborate on the relaxation techniques employed in the field of Sports Psychology CO2 K2
- a. Summarize the formation of Groups and teams in sports CO3 K2
(Or)
- b. Explicate the implication of intrinsic motivation in sports. CO3 K1

Copies: 23

Staff in charge: Mrs. Srinithi, A. M