

Exam.sipew.cu.mped-2020

M.P.ED 4TH SEMESTER EXAMINATION, 2020

PSYCHOLOGY AND SOCIOLOGY OF SPORTS

Code: MPCC-402

Full Marks: 70

Time: 3 Hours

(Answer all Questions)

1. (A) What is Motor Learning? Describe all personal and situational factors affecting Motor learning. 5+10=15

OR

(B) Define personality and describe its structure. Write about the effect of sports participation on personality development.

2+5+8

2. (A) What is Extrinsic Motivation? Explain different types of Extrinsic Motivation with suitable examples from the field of sports/physical activity. 3+12

Or

(B) Design a relaxation program for a basketball player who is physically and mentally exhausted after loosing in a tournament. 15

3. (A) Do you think sports is playing its role in promoting national integration in our country? Justify your answer with suitable examples. 15

Or

(B) Do you think aggression contributes to win in some sports? Justify your answer with suitable examples. 15

4. **Write Short Notes (Any Two)** **7.5x2=15**

- A. Importance of Group cohesion in team sports.
- B. Future direction of sports in India.
- C. Effect of Socio Economic status on sports participation and sports achievement.
- D. Sports as a masculine domain.

5. Answer the following MCQ by choosing correct alternative and write the answer on your answer script (any ten) 1x10 = 10

- (i) The terminologies "Pleasure principle, unconscious, inner instinct" are associated with

A. Id
B. Ego
C. Superego
D. None of these

- (ii) Match List – I with List-II and write the correct answer from the option given below:

List – I

(E) Albert Bandura
(F) Sigmund Freud
(G) Skinner
(H) Gordon Allport

List – II

1. Trait
2. Social Learning
3. Psychoanalytic
4. Reinforcement

A. E-3, F-2, G-4, H-1
B. E-2, F-3, G-4, H-1
C. E-3, F-2, G-1, H-4
D. E-4, F-1, G-3, H-2

- (iii) "Alarm reaction, resistance, exhaustion" - these are part of

A. The Big - 5
B. Selye's General Adaptation Syndrom
C. Motor perception
D. Progressive muscular relaxation

- (iv) Match List – I with List-II and write the correct answer from the option given below:

List – I

(M) Amotivation
(N) Intrinsic Motivation
(O) External Regulation
(P) Identified Regulation

List – II

1. Reward or punishment
2. Pure Enjoyment
3. Realizing importance
4. Absence of motivation

Options are:

A. M-1, N-2, O-3, P-4
B. M-2, N-1, O-4, P-3
C. M-4, N-2, O-1, P-3
D. M-4, N-3, O-1, P-2

- (v) The kind of goal on achieving 70% marks in final semester is considered as:
- A. Process goal
 - B. Performance goal
 - C. Outcome goal
 - D. Task goal
- (vi) Recognizing the taste of a medicine is an example of perception known as:
- A. Olfactory perception
 - B. Gustatory perception
 - C. Auditory perception
 - D. Tactile perception
- (vii) Leaders' minimum involvement in a group decision is a leadership style known as:
- A. Authoritarian
 - B. Democratic
 - C. Laissez-Faire
 - D. None of the above
- (viii) Motor skills are learnt best by
- A. Observation
 - B. Imitation
 - C. Practice
 - D. Memorization
- (ix) Motivation consists of
- A. Direction
 - B. Intensity
 - C. Persistence
 - D. All of above

- (x) Select from below the correct combination of factors that are perfect for the development of group cohesion:

(1) Team factors (2) Individual factors
(3) Leadership factors (4) Environmental factors

The correct combination is:

- A. 1 – 3 - 4
B. 1 – 2 - 3
C. 2 – 3 - 4
D. 4 – 1 - 2

- (xi) Arrange the following processes in correct sequential order, through which a group becomes a team:

1. Storming 2. Norming
3. Forming 4. Performing

The correct sequential order is:

- (A) 1 – 4 – 3 – 2
(B) 3 – 1 – 2 – 4
(C) 2 – 3 – 4 – 1
(D) 4 – 2 – 1 – 3

- (xii) Two statements (1) and (2) are given below. On the basis of these statements find out the appropriate option from below.

Statement - (1): Socialization takes place through participation in games and sports.

Statement - (2): Games and sports inculcate social habits.

The options are:

- A. (1) is true, but (2) is false.
B. (1) is false, but (2) is true.
C. Both (1) and (2) are false.
D. Both (1) and (2) are true.
-