

B.P.Ed - III

Ed(BP)-3rd Sm.-Sports Psychology etc./CC-303

2024

## SPORTS PSYCHOLOGY AND SPORTS SOCIOLOGY IN PHYSICAL EDUCATION AND SPORTS

Course : CC-303

Full Marks : 70

*The figures in the margin indicate full marks.*

*Candidates are required to give their answers in their own words as far as practicable.*

1. Write the concept of Sports Psychology. Discuss the importance of Sports Psychology in the field of Physical Education. How athletes are benefitted by the knowledge of Sports Psychology? 4+6+5

*Or,*

Discuss the concept of Sports Sociology. How does the role of Sports Sociology influence a Sports person? 5+10

2. What is stagnation in Learning? Explain any theory of Learning in details. 5+10

*Or,*

Define Personality? Discuss the dimensions of Personality. Explain relationship between Personality and Sports performance. 4+6+5

3. What is the meaning of Orthodoxy? Write about the importance of festivals to promote Physical Education and sports. 5+10

*Or,*

Write the significance of theories of play. Explain any two theories of play which are mostly relevant to the field of Physical Education and sports. 5+5+5

4. Write notes on the following (*any two*) : 7½×2
- (a) Scope of Psychology in Physical Education
  - (b) Role of aggression in sports performance
  - (c) Customs and Physical Education
  - (d) Importance of Culture.

5. Answer the following MCQs by choosing the correct option from given below and write the answer on your answer script (*any ten*) : 1×10

(a) Which of the following sport(s) are found in the book of Mahabharat and Ramayana?

(i) Wrestling

(ii) Archery

(iii) Both (i) and (ii)

(iv) None of these.

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- (b) Developmental physical activities which help to develop the qualities among students is
- (i) Self-confidence
  - (ii) Judgement
  - (iii) Sportsmanship
  - (iv) All of these.
- (c) From the point of Sociology, which of the following is considered as a primary group?
- (i) Political party
  - (ii) Community
  - (iii) Family
  - (iv) Sports Federation.
- (d) Psychology is said to be the scientific study of
- (i) Behaviour, Mental processes
  - (ii) Mental illness. Mental health
  - (iii) Physical States, Mental States
  - (iv) None of these.
- (e) The term used to refer the first two weeks of life is
- (i) The period of Infancy
  - (ii) The Neonatal Stage
  - (iii) Early Childhood
  - (iv) Pre-operational Stage.
- (f) Which of the following is a part of the psychological domain?
- (i) Judgement
  - (ii) Style of behaviour
  - (iii) Memory
  - (iv) Motor skills.
- (g) Who is the author of the book "Principles of Psychology"?
- (i) Charles Darwin
  - (ii) Sigmund Freud
  - (iii) William James
  - (iv) Wilhelm Wundt.
- (h) What is the role and purpose of customs in social life?
- (i) Promoting Individualism
  - (ii) Enforcing strict rules
  - (iii) Shaping social interaction and traditions
  - (iv) Limiting cultural diversity.
- (i) The terms 'growth and development' mean
- (i) Maintaining healthy diet
  - (ii) Participating in sports competition
  - (iii) Learning new sports techniques
  - (iv) Physical and psychological changes overtime.
- (j) The importance of Sociology and Sports Psychology in Physical Education is for
- (i) understanding human behaviour and enhancing sports performance
  - (ii) improving physical fitness
  - (iii) analyzing sports equipment
  - (iv) exploring historical sports events



- (k) Who defined Culture is 'the body of shared beliefs'?
- (i) Frazer
  - (ii) Redfield
  - (iii) Taylor
  - (iv) Herskowitz.
- (l) Which of the following is not an example of group influence on an individual?
- (i) Minority influence
  - (ii) Deindividuation
  - (iii) Social facilitation
  - (iv) Social loafing.
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