

**2020**

**SPORTS PSYCHOLOGY AND 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.*

Answer *all* questions.

1. What is sports psychology? Write in brief about biological basis of human behaviour. Discuss the scope of sports psychology and sociology. 3+4+8

*Or,*

What is meant by heredity and environment? Discuss how the heredity and environmental factors influence human performance in sports. 4+7+4

2. Define learning. What is transfer of learning? Discuss the importance of participating physical activities in respect of growth and development. 4+4+7

*Or,*

Define personality and write about the characteristics of personality. Discuss how the personality traits influence sports performance. What is aggression? 2+4+7+2

3. What is meant by orthodoxy? Discuss the relation between customs and tradition in physical education. Briefly discuss the effect of festivals in physical education. 3+7+5

*Or,*

What is socialization? Write in your own words about the different types of groups with suitable examples. Discuss the theories of play. 3+6+6

4. Write short notes on *any two* from the following : 7½×2

- (a) Motivation and sports performance
- (b) Questionnaire methods of studying
- (c) Learning curve
- (d) Social conglomeration
- (e) Effects of culture on human lifestyle.

**Please Turn Over**

5. Answer the following MCQs by choosing the correct answer and writing them down on your answer script (*any ten*) : 1×10

- (a) Which of the following is considered as laws of learning?
- (i) Law of readiness
  - (ii) Law of exercise
  - (iii) Law of effect
  - (iv) All of the above.
- (b) Gestalt theory of learning was propounded by
- (i) Pavlov
  - (ii) Thorndike
  - (iii) Skinner
  - (iv) Wertheimer.
- (c) Which of the following methods is considered as the desirable channel for the release of emotional energy?
- (i) Inhibition
  - (ii) Sublimation
  - (iii) Catharsis
  - (iv) Repression.
- (d) When the rate of progress in learning slows down and reaches almost a straight line parallel to the horizontal axis, the condition is known as :
- (i) Plateau
  - (ii) Loss of interest
  - (iii) Boredom
  - (iv) Difficult stage.
- (e) The therapy of psychoanalysis was developed by
- (i) Skinner
  - (ii) Sigmund Freud
  - (iii) Plato
  - (iv) Darwin.
- (f) Operant conditioning theory of learning was propounded by :
- (i) Pavlov
  - (ii) Skinner
  - (iii) Thorndike
  - (iv) Wertheimer.
- (g) Which of the following is considered as the subjective condition of attention?
- (i) Colour of the object
  - (ii) Movements of the object
  - (iii) Size of the object
  - (iv) Attitude of the person.
- (h) Which is the most effective method for encouraging self learning?
- (i) Demonstration method
  - (ii) Lecture method
  - (iii) Observation method
  - (iv) Task method.

