

2021
PSYCHOLOGY AND SOCIOLOGY OF SPORTS

Paper: MPCC – 402

Full Marks-70

The figures in the margin indicate full marks.

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

Answer all questions

1. State the need of Sports Psychology in Physical Education. Write about the present status of Sports Psychology in India. 5+10

Or,

What do you mean by Motor Perception and Perceptual Mechanism? What are the factors affecting Motor Perception? 5+5+5

2. What are the causes of anxiety in Sports? What are the different ways to reduce anxiety? 7+8

Or,

Explain different kinds of Goal. Which type of goal is best and why? Provide example of a SMART goal in the context of Sport. 6+5+4

3. How sports can promote Socialization of a child? What is the role of sports participation in controlling aggressiveness? 8+7

Or,

Explain different theories of Leadership. Discuss the relation between leadership and sports performance. 10+5

4. **Write notes on (any two):** 2x7.5
- a) Under representation of women in sports
 - b) Group Dynamics in Team Sports
 - c) Socio-Economic status of sportspersons during Covid-19 pandemic
 - d) Factors affecting group cohesion

Please Turn Over

5. **Answer the following MCQs by choosing the correct option given below and writing it on your answer script (any ten):** 1x10

- a) The perception of changes in physiological activation is called:
- i) Somatic State Anxiety
 - ii) Cognitive State Anxiety
 - iii) State Anxiety
 - iv) Trait Anxiety
- b) Somatic anxiety affects performance by:
- i) Decreasing respiration
 - ii) Increasing Concentration
 - iii) Elevating muscle tension
 - iv) Reducing Heart Rate
- c) When someone is unable to cope with the demands of the situation, he/ she enters into a state of:
- i) Amotivation
 - ii) Aggression
 - iii) Stress
 - iv) Trait Anxiety
- d) A swimmer aims to improve his/ her timing by 3 seconds. This is an example of:
- i) Process Goal
 - ii) Performance Goal
 - iii) Outcome Goal
 - iv) Task Goal
- e) Many Middle East countries do not send their women competitors in Olympics. This issue is much related with:
- i) Group Cohesion
 - ii) Politics in Sports
 - iii) Gender roles
 - iv) Effect of audience
- f) Sushil Kumar, the famous wrestler was found entangled in a murder case. This issue is much linked to:
- i) Aggression
 - ii) Violence
 - iii) Sport Social Crisis
 - iv) Politics in Sports

Please Turn Over

- g) Inclusion and exclusion of a sport in Olympics is mostly influenced by:
- i) Leadership
 - ii) Socio-Economic status
 - iii) Demand of Audience
 - iv) Politics.
- h) After some team mate performs well in batting, Virat Kohli is often seen shouting in the bench outside the ground. This is an example of:
- i) General Aggression
 - ii) Hostile Aggression
 - iii) Instrumental Aggression
 - iv) Assertiveness.
- i) If the athlete is performing in the home ground and the spectators are in favour of him. The Performance will:
- i) Improve
 - ii) Worsen
 - iii) Neither improve nor worsen
 - iv) Depends on the athlete's perception.
- j) A student tries to understand the motor skill in the following stage of motor learning:
- i) Technical
 - ii) Cognitive
 - iii) Associative
 - iv) Autonomous
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