B.P.Ed-III

2022

SPORTS PSYCHOLOGY AND SPORTS SOCIOLOGY IN PHYSICAL EDUCATION AND SPORTS

Paper : 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 the following questions.

1. What do you mean by Sports Psychology and Sports Sociology? Discuss the scope of Sports Psychology and Sports Sociology in the field of Physical Education. 5+10

Or,

Discuss the Biological basis of human behaviour with special reference to Physical Education. 15

2. What is Personality? What are the characteristics of personality? Explain how personality can influence sports performance. 3+6+6

Or,

What do you mean by stagnation of learning? What are the factors affecting learning process? Discuss how transfer of learning takes place in the field of Physical Education. 4+4+7

3. Write down the importance of Culture and Festivals in Physical Education. Discuss how culture can affect the lifestyle of sportspersons. 5+5+5

Or,

Write in details 'Theories of Play' with proper examples in respect of Physical Education. 15

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

   (a) Heredity and Environment

   (b) Growth and Development

   (c) Primary group and Remote group

   (d) Observation method and Interview method.

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

   (a) Psychology is taught to the student of Physical Education because

      (i) It enhances performance   (ii) It is related to behaviour

      (iii) It helps in learning   (iv) It motivates sportspersons.

Please Turn Over

(b) Individual differences are due to

    (i) Environmental aspect

    (ii) Heredity aspect

    (iii) Heredity and Environmental aspect

    (iv) Community aspect.

(c) During adolescence, the behaviours of a person is influenced by

    (i) Family   (ii) Peer group

    (iii) School   (iv) Society.

(d) The best method for training of emotion is

    (i) Repression   (ii) Redirection

    (iii) Inhibition   (iv) Sublimation.

(e) Human Psychology is confined to the study of

    (i) Behaviour   (ii) Mind

    (iii) Soul   (iv) Relation.

(f) Outstanding Athletes usually possess certain personality characteristics, such as

    (i) Aggressiveness   (ii) Neurotic abnormalities

    (iii) Ambivalence   (iv) Submissiveness.

(g) Sports performance is the bi-product of

    (i) Skill   (ii) Conditional ability

    (iii) Total personality   (iv) Tactical ability.

(h) Who said "Sound Mind in a Sound Body"?

    (i) Descartes   (ii) Rousseau

    (iii) Aristotle   (iv) Plato.

(i) Encouragement by Spectators is a

    (i) Social Incentive   (ii) Monetary Incentive

    (iii) Reward Incentive   (iv) Social competitive Incentive.

(j) Which Law of Learning is called the Law of Use and Disuse?

    (i) Law of Exercise   (ii) Law of Readiness

    (iii) Law of Effect   (iv) Law of Intimacy.

(k) The Heredity factors of Learning are

    (i) Height and Weight   (ii) Physical Structure

    (iii) Body Composition   (iv) All of these.

(1) The cause of frustration among sports Persons is

   (i) Result of own performance

  (ii) Normally due to mismatched level of aspiration and ability

 (iii) Result of good performance

 (iv) Natural outcomes of competitive sports.

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