

2023

**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.*

1. Discuss Psycho-Social aspects of human behaviour in relation to Physical Education and Sports. 15

Or,

Describe the role of heredity and environment in producing individual differences. 15

2. What do you mean by growth and development? Describe different stages of development. Discuss the need of Physical activities on growth and development. 4+4+7

Or,

What do you mean by mental aspects of human being? Explain in detail how motivation and attention help to improve sports performance. 5+5+5

3. Write, in detail, the status and importance of sports in modern society. 15

Or,

Discuss how Socialization can take place through Physical Education and Sports. 15

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

- (a) Features of Culture
- (b) Laws of Learning
- (c) Dimension of Personality
- (d) Tradition and Physical Education.

5. Choose the correct option for each of the following and write it on your answer script (*any ten*) : 1×10

- (a) How is Psychology defined today?
- (i) The science of behaviour and mental processes
 - (ii) The science of human behaviour and mental processes
 - (iii) The science of mind
 - (iv) The study of motivation, emotion, personality, adjustment and abnormality.

Please Turn Over

- (b) The lowest level of Learning is
- (i) Rate of Learning
 - (ii) Understanding
 - (iii) Application
 - (iv) Correction.
- (c) Identify one of the following as an Intrinsic Motivator :
- (i) Remuneration
 - (ii) Promotion
 - (iii) Certificate
 - (iv) Interest.
- (d) Which of the following is / are appropriate method(s) of personality measurement?
- (i) Rating scale
 - (ii) Interviews and Observation
 - (iii) Paper and Pencil test
 - (iv) All of these.
- (e) When a group of people decide to replace the old means and goals of society by new means and goals, it is known as
- (i) Innovation
 - (ii) Ritualism
 - (iii) Retreatism
 - (iv) Rebellion.
- (f) The youngest social science of the following is
- (i) Sociology
 - (ii) Political Science
 - (iii) Economics
 - (iv) Statistics.
- (g) Knowing aspect or awareness in Psychology is known as
- (i) Affection
 - (ii) Conation
 - (iii) Cognition
 - (iv) None of these.
- (h) The organized form of social behaviour and its repetition is known as
- (i) Culture
 - (ii) Value
 - (iii) Customs
 - (iv) Norms.
- (i) Two types of Culture are
- (i) Dominant and Non-Dominant
 - (ii) Positive and Negative
 - (iii) Self and Others
 - (iv) Our and Their.
- (j) The process by which an individual learns the culture of their society is known as
- (i) Socialization
 - (ii) Internalization
 - (iii) Sanskritization
 - (iv) Modernization.
- (k) The period of Growth and Development from 9 to 12 years of age is known as
- (i) Early Childhood
 - (ii) Later Childhood
 - (iii) Puberty
 - (iv) Adulthood.

(3)

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- (l) One of the following elements not playing a basic role in the socialization process of the individual is
- (i) The physical and psychological heritage of the individual
 - (ii) The Environment
 - (iii) Culture
 - (iv) Army.
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