

2025

**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. Discuss psycho-social aspects of human behaviour in relation to physical education and sports. 15  

*Or*

Write down the role of heredity and environment as a cause of individual differences. 15
2. What do mean by growth and development? Explain different stages of development and the need for physical activities in each stage. 4+4+7  

*Or*

What do mean by mental aspect of human being? Explain in details how motivation and attention helps to improve sports performance. 5+5+5
3. Write in details the importance of sports in modern society. 15  

*Or*

Discuss about socialization through physical education and sports. 15
4. Write notes on (*any two*) : 7½×2
  - (a) Features of culture
  - (b) Factors affecting learning
  - (c) Dimension of personality
  - (d) Tradition and physical education.
5. Answer the following MCQs by choosing the correct option from the given alternatives for each question and write it on your answer script (*any ten*) : 1×10
  - (a) Psychology is defined today as
    - (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  
(3811)**

- (b) Which of the following concepts refers to the norms and values associated with sports?
- (i) Sportsmanship (ii) Sports culture  
(iii) Athleticism (iv) Team dynamics.
- (c) Which of the following is an intrinsic motivator?
- (i) Pay (ii) Promotion  
(iii) Feedback (iv) Interest to play games.
- (d) Which of the following test is used to measure personality?
- (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, is known as
- (i) Innovation (ii) Ritualism  
(iii) Retreatism (iv) Rebellion.
- (f) The primary focus of sports sociology is
- (i) the physical aspects of sports (ii) the social aspects of sports  
(iii) the psychological effects of sports (iv) the economic impact of sports.
- (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 their 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 the 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) later adolescent (iv) adulthood.
- (l) Which of the following elements does not play a basic role in the socialization process of the individual?
- (i) The physical and psychological heritage (ii) The environment  
(iii) The culture (iv) The army.