

(No additional sheet will be supplied)

PART A — (5 × 5 = 25 marks)

Answer any FIVE questions.

Each question carries 5 marks.

Each answer should not exceed 2 pages.

1. Need of Sports Psychology.
2. Motor Learning.
3. Goal setting.
4. Causes of Anxiety.
5. Tachistoscope.
6. Violence in Sports.
7. Group cohesion.
8. Women in Sports.

PART B — (5 × 10 = 50 marks)

Answer ALL questions.

Each question carries 10 marks.

Each answer should not exceed 4 pages.

9. Define Sports Psychology. Explain need and importance of Sports Psychology.

Or

10. Define Personality. Explain the effects of Personality on Sports performance.
11. Define Motivation. Explain types of Motivation in detail.

Or

12. Define Stress. Explain causes of Stress and Sports performance.

13. Explain the questionnaire of Sports Achievement Motivation tests.

Or

14. Explain the types of Psychological Tests.

15. Define Sports Sociology. Explain about Sports and Socialization.

Or

16. Explain the role of Fans and Spectators on Sports performance.

17. Discuss the current problems in Sports and future directions.

Or

18. Write an essay on Gender inequalities in Sports.

