

B.A./B.Sc. (Honours) Examination, 2016

Semester-V

Physical Education

Course: BABSCH-353

(Sport Psychology)

Time: Three Hours

Full Marks: 40

Questions are of value as indicated in the margin.

Answer one question from each unit

Unit-I

1. What do you mean by Psychology? List various branches of Psychology. Briefly explain the nature of psychology. 2+2+4=8

or

2. What is Sports Psychology? Briefly explain the scope and importance of Sports Psychology. 2+3+3=8

Unit-II

3. Briefly explain the meaning of growth and development. Enlist various characteristics of any one stage of growth and development. 2+6=8

or

4. Define Learning. What is learning curve? Explain briefly various factors effecting learning motor activities. 2+2+4=8

Unit-III

5. Define Attention. Explain its various type. Briefly explain various factors effecting learning. 2+2+4=8

or

6. Define Memory. Write down the types of Memory and explain any one of them. 1+1+6=8

Unit-IV

7. Define Personality. Enlist the nature of personality. How personality can be developed? 2+2+3=8

or

8. Write down the meaning of Emotion and Anxiety. Explain in details the relationship of anxiety and competitive sports performance. 3+5=8

Unit-V

9. Write short notes on the following terms. (*any two*) 4+4=8
i. Motive ii. Need iii. Drive iv. Incentive v. Achievement

or

10. Briefly explain various motivational techniques. Explain the importance of motivation in learning sports activities. 4+4=8
