

S.No. 3942

20 SCCPSY 8

(For candidates admitted from 2020–2021 onwards)

B.Sc. DEGREE EXAMINATION, NOVEMBER 2023.

Part III — Psychology — Major

SPORTS PSYCHOLOGY

Time : Three hours

Maximum : 75 marks

SECTION A — (10 × 2 = 20)

Answer ALL questions.

1. Define sports Psychology.
2. What is the relationship between the sports and Psychology?
3. What is mean by Sensation?
4. Define mental Toughness.
5. What is the role of attention in sports?
6. What is motor learning?
7. Define Quantitative research.
8. Explain experimental metal.

9. How can one qualify as a sports Psychologist?
10. How can we know more about sports Psychology?

SECTION B — (5 × 5 = 25)

Answer ALL questions, Choosing either (a) or (b)

11. (a) Write a short note on specializing in sports Psychology.

Or

- (b) Who is called as mental coaches and what is their role?
12. (a) Write in brief about useful guidelines for building motivation.

Or

- (b) Explain the meaning of sensation and the raw materials of understanding.
13. (a) What is the role of thought in sports and explain the uses of self talk?

Or

- (b) Write a short note on learning.
14. (a) What is sport Psychology research? Explain it.

Or

- (b) Describe the case study methods in Sports psychology.

15. (a) What is the role and importance of sports psychologist?

Or

- (b) Explain any two approaches of sports Psychology.

SECTION C — (3 × 10 = 30)

Answer any THREE questions

16. Write the meaning, nature and scope of sports Psychology.
17. Elaborate on the definition and processes of attention.
18. Explain the characteristics and symptoms of overtraining and Burnout.
19. Write an essay about research methods used in sport psychology.
20. Give an useful guidelines to enhancing character development and sportmanship.