DECEMBER 2022 **U/ID 22193/UCG3A**

Time : Three hours Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions, in 30 words each.

1. Give the meaning of self-confidence
2. What is locus of control?
3. What is mental toughness?
4. What is anxiety?
5. Define leadership?
6. What is aggression?
7. List the types of motivation,
8. Define group cohesion.
9. Define stress.
10. What is personality development?
11. Write about sport psychologists.
12. Define rehabilitation

PART B — (5 × 5 = 25 marks)

Answer any FIVE questions in 200 words each.

13. Bring out the nature of sports psychology.

14. Explain the methods of studying sports psychology.

15. Discuss the link between aggression and performance.

16. Write about group cohesion.

17. Explain the skills acquisition.

18. Discuss the role of sports psychologists.

19. Write about intrinsic and extrinsic motivation in sport psychology.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions in 500 words each.

20. Elaborate upon the importance of physical fitness and optimism in sports.

21. Discuss the situational factors affecting aggression.

22. Narrate the importance of motivation in sports.

23. Narrate the Social learning theory and its applications

24. Elucidate the various psychological techniques for enhancing performance.

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