DECEMBER 2023 **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. What is the locus of control?

2. Define self-confidence.

3. What is mental toughness?

4. What is aggression?

5. Define motivation.

6. What is leadership?

7. Write a note on social development.

8. Define personality.

9. Define sports psychology.

10. What is counselling?

11. Write about sports psychologists.

12. What is group cohesion?

PART B — ($5 \times 5 = 25$ marks)

Answer any FIVE questions in 200 words each.

13. Describe the physiological basis of performance.

14. Explain the role of emotions in sports science.

15. Discuss the importance of motivation in sports.

16. Write about skills acquisition.

17. Explain the rehabilitation.

18. Discuss the role of a sports psychologist.

19. Bring out the treatment of sports anxiety.

PART C — ($3 \times 10 = 30$ marks)

Answer any THREE questions in 500 words each.

20. Elaborate upon the methods of studying sports psychology.

21. Summarize the factors inducing anxiety and stress.

22. Narrate the theories of motivation.

23. Elucidate the various techniques for enhancing performance.

24. Narrate the sources of influences on social development.

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