MAY 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. Give the meaning of optimism.

2. What is physical fitness?

3. Define sport psychology.

4. What is anxiety?

5. Define aggression.

6. What is intrinsic motivation?

7. Brief explain group cohesion.

8. Define learning.

9. Define personality.

10. What is skill acquisition?

11. Write about rehabilitation.

12. Define counselling.

PART B — (5 × 5 = 25 marks)

Answer any FIVE questions, in 200 words each.

13. Bring out the scope of sport psychology.

14. Explain the aggression and violence in sports.

15. Discuss the importance of motivation in sports.

16. Write about self-confidence.

17. Explain the group cohesion.

18. Discuss the role of sports psychologists.

19. Discuss the types of motivation.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions, in 500 words each.

20. Elaborate on the methods of studying sports psychology.

21. Discuss the treatment of sport anxiety.

22. Write about measuring individual differences in sport.

23. Narrate the sources of the various psychological techniques for enhancing sports performance.

24. Elucidate the situational factors affecting aggression in sports.

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