MAY 2024 **U/ID 22193/UCG3A**

Time : Three hours Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer any TEN questions each in 30 words.

1. Define sports psychology.

2. What is optimism?

3. Define mental toughness.

4. What does aggression mean?

5. What is intrinsic motivation?

6. What is group cohesion?

7. Write the meaning of skill acquisition.

8. What does reinforcement mean?

9. What are the educational requirements for a sports psychologist?

10. What are audience effects?

11. Define self- confidence.

12. Define leadership.

PART B — (5 × 5 = 25 marks)

Answer any FIVE questions each in 200 words.

13. Explain the nature and scope of sports psychology.

14. How does optimism helps for sports?

15. What factors cause Anxiety in sports?

16. How is aggression linked with sports performance?

17. Write notes on intrinsic and extrinsic motivation.

18. Describe the negative effects of team membership.

19. What are the functions of sports psychologists?

PART C — (3 × 10 = 30 marks)

Answer any THREE questions each in 500 words.

20. Elucidate upon the various cognitive dimensions of sports.

21. Elaborate upon the situational factors causing aggression.

22. How reinforcement helps in sports performance?

23. Explain the various sources of influences on social development and sport.

24. Write in detail about the psychological techniques for enhancing sports performance.

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