MAY 2025 **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. What are the cognitive dimensions of sport?

2. Define Optimism.

3. What are the eligibility criteria to become a Sports Psychologist?

4. Define Arousal.

5. What are the personal factors causing anxiety in sports persons?

6. Define Motivation.

7. What are the types of Reinforcement?

8. Define Leadership.

9. What are the different kinds of skills?

10. What does observational learning mean?

11. Why is rehabilitation necessary in Sports?

12. What is known as Adrenaline Rush?

PART B — (5 × 5 = 25 marks)

Answer any FIVE questions each in 200 words.

13. What are the physiological bases for performance in sports?

14. Describe the role of emotions in sports.

15. How is aggression linked to sports performance?

16. Justify the importance of motivation in Sports.

17. Explain the types of motivation with suitable examples.

18. Discuss the gender differences in sports.

19. Examine the effects of training in improving sports performance.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions each in 500 words.

20. Examine the role of diet and nutrition in improving sports performance.

21. Elucidate upon the causes and treatment of Sports Anxiety.

22. How can aggression in sports be reduced?

23. Narrate the impact of Team Membership on Sports Performance.

24. What kinds of psychological techniques are applied to improve sports performance?

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