

**BA PSYCHOLOGY [HONOURS]
SEVENTH SEMESTER
SPORTS PSYCHOLOGY
BPY – 703**

**SET
A**

[USE OMR SHEET FOR OBJECTIVE PART]

Duration: 3 hrs.

Full Marks: 70

Time: 30 mins.

(Objective)

Marks: 20

Choose the correct answer from the following:

1 x 20 = 20

1. Who is known as the *Father of Sports Psychology* in the United States?
 - a. Ivan Pavlov
 - b. Norman Triplett
 - c. Coleman Griffith
 - d. Albert Bandura
2. The Indian Association of Sports Psychology (IASP) was established in:
 - a. 1965
 - b. 1984
 - c. 1975
 - d. 1991
3. An athlete learning to automatically start sprinting when a whistle blows demonstrates which learning principle?
 - a. Modelling
 - b. Operant Conditioning
 - c. Classical Conditioning
 - d. Extinction
4. The process of gradually reinforcing successive approximations of a desired skill is called:
 - a. Modelling
 - b. Reinforcement
 - c. Conditioning
 - d. Shaping
5. Which of the following is a *somatic symptom* of anxiety in athletes?
 - a. Fear of failure
 - b. Negative self-talk
 - c. Muscle tension and sweating
 - d. Rumination
6. When stress enhances performance, it is referred to as:
 - a. Distress
 - b. Eustress
 - c. Burnout
 - d. Exhaustion
7. Which stage of *Motor Skill Learning* is characterized by smooth, coordinated movements and reduced errors?
 - a. Cognitive Stage
 - b. Associative Stage
 - c. Autonomous Stage
 - d. Affective Stage
8. Which of the following is an example of problem-focused coping?
 - a. Deep breathing before competition
 - b. Accepting an uncontrollable injury
 - c. Time management and planning training sessions
 - d. Writing a journal about frustration

9. *Gross Motor Skills* involve:
 - a. Fine hand-eye coordination
 - b. Repetitive movements with no clear start or end
 - c. Large muscle groups and less precision
 - d. Simple movements with high accuracy
10. The Inverted-U Hypothesis suggests that performance:
 - a. Has no relation to arousal
 - b. Is optimal at moderate levels of arousal
 - c. Declines at all levels of arousal
 - d. Increases with stress indefinitely
11. Which personality theory emphasizes the role of unconscious motives in influencing an athlete's performance?
 - a. Trait theory
 - b. Psychoanalytic theory
 - c. Humanistic theory
 - d. Behavioural theory
12. According to the Big Five Model, which trait is most strongly linked with consistent athletic performance?
 - a. Openness
 - b. Neuroticism
 - c. Conscientiousness
 - d. Agreeableness
13. Which of the following is a projective test used in sports psychology?
 - a. 16 PF
 - b. Rorschach Inkblot Test
 - c. Eysenck Personality Inventory
 - d. Myers-Briggs Type Indicator
14. The Sports Competition Anxiety Test (SCAT) is primarily used to measure
 - a. Motivation
 - b. Anxiety
 - c. Self-efficacy
 - d. Personality traits
15. Self-efficacy in sports refers to
 - a. The belief in one's ability to perform successfully
 - b. The ability to control emotions during a game
 - c. The drive to win at all costs
 - d. The ability to motivate teammates
16. According to Bandura, self-efficacy is developed primarily through
 - a. Team rewards
 - b. Vicarious experiences and mastery
 - c. External pressure
 - d. Genetic factors
17. A democratic coach is most likely to
 - a. Make all decisions independently
 - b. Avoid giving feedback
 - c. Use punishment to ensure discipline
 - d. Seek team input before decisions
18. Transformational leadership in sports focuses on
 - a. Strict rule enforcement
 - b. Financial incentives
 - c. Emotional inspiration and motivation
 - d. Minimal communication

19. Which type of cohesion is essential for successful team performance?
- | | |
|-----------------------|--------------------|
| a. Emotional cohesion | b. Social cohesion |
| c. Task cohesion | d. Task cohesion |
20. The most effective coach-athlete relationship is based on
- | | |
|-----------------------------|-----------------------------|
| a. Authority and discipline | b. Emotional distance |
| c. Competition and control | d. Mutual trust and respect |

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(Descriptive)

Time : 2 Hr. 30 Mins.

Marks : 50

[Answer question no.1 & any four (4) from the rest]

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| 1. Define Sports Psychology. Discuss the, scope, importance of Sports Psychology and the role of a sports psychologist in enhancing athletic performance. | 2+8=10 |
| 2. Describe the behavioral principles underlying skill acquisition in sports. Explain the stages of motor skill learning with suitable examples. | 4+6=10 |
| 3. What are coping strategies? Differentiate between problem-focused and emotion-focused coping, giving relevant sports examples. | 2+8=10 |
| 4. Define anxiety. Discuss strategies to manage anxiety among athletes. | 2+8=10 |
| 5. Explain the major theories of personality relevant to sports psychology. Discuss how personality traits influence athletic behaviour and performance with suitable examples. | 4+6=10 |
| 6. Evaluate the role of these assessment tools in identifying strengths and weaknesses of athletes for performance enhancement. | 10 |
| 7. Define self-efficacy. Discuss how confidence-building strategies and coaching interventions enhance athletes' motivation and performance. | 2+8=10 |
| 8. Explain the concept and stages of team cohesion, team building, and group dynamics in sport | 10 |

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