

Master of Physical Education Examination - 2025

Department of Physical Education

2nd Year, 2nd Semester

Subject Code: MPCC-402

PSYCHOLOGY AND SOCIOLOGY OF SPORTS

Time: Three Hours

Full Marks: 70

Group - A

Answer any three questions:

15×3=45

1. What is meant by sports psychology and sports sociology? Describe the importance of sports psychology in the curriculum. 6+9=15
2. Define motivation. How a coach can motivate athletes? Discuss the relationship between motivation and sports performance. 2+5+8=15
3. Define Anxiety and Stress. Explain General Adaptation Syndrome. Discuss different types of stress with proper example. 4+6+5=15
4. Explain the phenomenon "Sports as Social Institution". How sports help in personality development? - Discuss 7+8=15
5. Define group. What is meant by Group Interaction? What are the different stages of group development? Explain different types of groups with proper example. 2+2+3+8=15
6. Explain the terms fans and spectators. Briefly discuss the effects of audience on sports performance. Explain your view on national integration through sports. 6+4+5=15

Group - B

Write short notes (any two):

7.5×2=15

7. Motor perception
8. Aggression and Sports Performance
9. Leadership in Sports.
10. Group dynamics

(vii) Motivation that drives individuals to naturally pursue actions that provide fun, joy, pleasure or challenge is called:

- a) Extrinsic Motivation
- b) Amotivation
- c) Intrinsic Motivation
- d) Cognitive Motivation

(viii) In instrumental aggression, the main aim is to :

- a) Cause harm to the opponent
- b) Achieve a positive goal
- c) Express your feeling of jealousy
- d) Show your hostility to an opponent

(ix) Motor skill is learnt through :

- a) Imitation
- b) Observation
- c) Practice
- d) Memories

(x) Sports performance is the bi-product of:

- a) Motor skill
- b) Conditional ability
- c) Total personality
- d) Tactical ability

(xi) Body mind relationship was first promulgated by:

- a) Socrates
- b) Plato
- c) Aristotle
- d) Homer

(xii) Encouragement by spectators is a:

- a) Social competitive incentive
- b) Social incentive
- c) Reward incentive
- d) All or none of the above

(xiii) The person postulated Social Learning Theory is:

- a) William James
- b) Wilhelm Wundt
- c) Albert Bandura
- d) Sigmund Freud
