

**MASTER OF PHYSICAL EDUCATION EXAMINATION, 2024**

( 2nd Year, 4th Semester )

**PSYCHOLOGY AND SOCIOLOGY OF SPORTS**

**PAPER - MPCC - 402**

Time : Three hours

Full Marks : 70

**GROUP - A**

Answer *any three* questions.

1. Narrate the nature and scope of Sports Psychology and Sports Sociology. 7.5+7.5=15
  
2. Discuss briefly on motivation with its different types? "Motivation plays an important role for better performance" – Explain in details with suitable examples. 5+10=15
  
3. Enumerate the characteristics in defining personality. Discuss the effects of personality on sports performance and vice-versa. 3+12=15
  
4. What is meant by leadership from the contexts of Sports Psychology and Sports Sociology? Discuss the concept - "sports as a social institution". 5+10=15
  
5. Briefly discuss on gender inequalities in sports. Explain with example on the phenomena - "social barriers of women in sports participation". 5+10=15

**GROUP - B**

Write notes on *any two*.

7.5×2=15

6. Goal setting
7. Motor learning and its basic considerations
8. Aggression and sports performance
9. Group cohesion.

[ Turn over

**GROUP - C**

10. Write **any ten** questions with the correct option.

1x10=10

(i) Among the following, extrinsic motivator is:

- a) High salary
- b) Keeping fit
- c) Meeting personal goals
- d) Having fun in the activity.

(ii) The highest need according to the Maslow hierarchy of needs is:

- a) Self-actualisation
- b) Self-esteem
- c) Self-efficacy
- d) Self-sustenance.

(iii) The fight or flight response is instigated at:

- a) Hypothalamus
- b) Hippocampus
- c) Cerebellum
- d) Pons

(vi) Which of the following tends to be a stronger predictor of intergroup discrimination?

- a) Stereotyping
- b) Prejudice
- c) Attitudes
- d) Social capital.

(v) Most people behave in accordance with social norms most of the time such tendencies called as:

- a) Social influence
- b) Conformity
- c) Compliance
- d) Obedience

(vi) \_\_\_\_\_ is the degree of attraction felt by an individual towards some group and wants to belong to it.

- a) Cohesiveness
- b) Liking
- c) Love
- d) Social influence

(vii) Research suggests that those who are high in \_\_\_\_\_ are more likely to be helpful.

- a) Authoritarianism
- b) Self-efficacy
- c) Extroversion
- d) Achievement motivation.

(viii) What does a specific goal mean?

- a) A goal that is easy to achieve
- b) A goal with a clearly defined outcome
- c) A goal that has no timeline
- d) A goal without any relevance to the individual

(ix) Democratic leadership style has which of the following characteristics

- a) Split power
- b) Dictatorial leader
- c) Genuine
- d) Answer a & b

(x) Which of the following is not a gross motor skill?

- a) Running
- b) Jumping
- c) Drawing
- d) Climbing

(xi) Fine motor skills involve the coordination of:

- a) Large muscle groups
- b) Small muscle groups
- c) Balance and agility
- d) Strength and endurance

(xii) Which of the following is NOT one of the Big Five personality traits?

- a) Sense of humour
- b) Openness to experience
- c) Conscientiousness
- d) Extraversion