

BACHELOR OF ARTS EXAMINATION, 2025

1st Year, 2nd Semester

DEPARTMENT OF PHYSICAL EDUCATION

Subject Code : ARTS/PHED/UG/MINOR/TH/12/102

PSYCHOSOCIAL ASPECTS OF PHYSICAL EDUCATION

Time : Two Hours

Full Marks : 30

Answer any **five** questions from the following:

1. Define psychology. Explain how psychology is related to human behaviour and learning. 2+3
2. What is meant by sports psychology? What are the three key roles of a sports psychologist in improving athletic performance? 2+3
3. Briefly discuss the relationships between psychology and sports psychology. State any two psychological benefits of participating in sports. 3+2
4. Illustrate the importance of sports psychology in the field of Physical Education and Sports. 5
5. Define motivation. Write down the types of motivation with suitable examples. 2+3
6. What are psychological factors in sports? “Discuss the psychological factors that are affecting sports performance”. 2+3
7. Define anxiety in the context of sports. Describe how anxiety can both positively and negatively impact sports performance. 2+3
8. Explain how sports contribute to national integration and social unity. Give suitable examples to support your answer. 5
9. What is meant by sports? Describe the role of sports in promoting for healthy lifestyle. 2+3
