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Name:

Reg. No:

SECOND YEAR B.P.E. (INTEGRATED) DEGREE EXAMINATION, APRIL 2026

(Regular/Supplementary/Improvement)

CC15UBPE2T9 / CC19UBPE2T9 - EDUCATIONAL AND SPORTS PSYCHOLOGY

(2015 Admission onwards)

Time: Three Hours

Maximum: 75 Marks

PART A

Answer any **one** question. The question carries 15 marks.

1. Define psychology and explain its nature as a science. Discuss the major branches of psychology and the emergence of sport psychology as a discipline.
2. Describe the role of psychology in advancing theories and practices in physical education and sports. Outline key psychological methods like observation, experimentation, and case study.

(1 × 15 = 15 Marks)

PART B

Answer **all** questions. Each question carries 5 marks.

3. Explain factors influencing growth and development in adolescents, focusing on physical, cognitive, and emotional aspects.
4. Discuss the characteristics of the learning curve and its significance in sports training.
5. Differentiate between innate and acquired motives, with examples from sports performance.

(3 × 5 = 15 Marks)

PART C

Answer **all** questions. Each question carries 5 marks.

6. Elaborate on the tripartite concept of mind: cognition, affection, and conation, with their relevance to athletes.
7. Outline Thorndike's Trial and Error theory and Gestalt's Insight theory of learning.
8. Describe the structure of personality and the role of genetic and environmental factors in sports persons.

(3 × 5 = 15 Marks)

PART D

Answer **all** questions. Each question carries 1 mark.

Fill in the blanks:

9. The method of studying inner experiences through self-report is called _____.
10. The law of learning that states "a task already well-learned is learned more quickly" refers to the law of _____.
11. Transfer of learning from practice to competition is an example of _____ transfer.
12. The stage of mind below conscious awareness is _____.
13. Achievement motivation in sports is driven by the need for _____.

(5 × 1 = 5 Marks)

PART E

Answer **all** questions. Each question carries 1 mark.

State True or False:

14. Sport psychology is not considered an emerging discipline.
15. Introspection is an objective method of psychology.
16. Exercise effect strengthens neural connections in learning.
17. Superconscious mind influences peak athletic performance.
18. Readiness is irrelevant to effective learning in physical skills.

(5 × 1 = 5 Marks)

PART F

Answer **all** questions. Each question carries 1 mark.

Write answer in one word:

19. The Russian physiologist known for Classical Conditioning theory.
20. The drive to excel in competitive sports scenarios.
21. Stages of mind include conscious, unconscious, and what?
22. Type of transfer where old learning hinders new learning.
23. Hereditary units influencing personality traits.
24. Process of directing group efforts toward goals, as in team sports.
25. Pioneer of the hierarchy of needs theory relevant to athlete motivation.
26. Counselling aimed at enhancing team cohesion in sports.
27. Theory of learning by sudden problem-solving.
28. Inherited and learned drives energizing behaviour.

(10 × 1 = 10 Marks)

PART G

Answer **all** questions. Each question carries 1 mark.

Match the Following:

- | | | |
|----------------------|---|----------------------------|
| 29. Observation | - | a. Counselling need |
| 30. Trial and Error | - | b. Energizes behaviour |
| 31. Insight | - | c. Direct study method |
| 32. Laws of Learning | - | d. Genetic traits |
| 33. Subconscious | - | e. Positive/negative types |
| 34. Infancy | - | f. Kohler's theory |
| 35. Drive | - | g. Thorndike |
| 36. Personality | - | h. Exercise effect |
| 37. Guidance | - | i. Sensory-motor growth |
| 38. Transfer | - | j. Below awareness |

(10 × 1 = 10 Marks)
