

**SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN
(AUTONOMOUS)**

**(Affiliated to the University of Madras and Re-accredited with 'A+' Grade by NAAC)
Chromepet, Chennai — 600 044.**

B.Sc. END SEMESTER EXAMINATIONS NOVEMBER - 2022

SEMESTER - V

20UPCET5001 - Sports Psychology

Total Duration : 2 Hrs 30 Mins.

Total Marks : 60

Section A

Answer any **SIX** questions ($6 \times 5 = 30$ Marks)

1. Illustrate the role of sports psychologists.
2. Interpret the need and significance of sports psychology.
3. Predict the impact of exercise in cognitive functioning.
4. "Physical exercises boosts positive mood" - Explain.
5. State attitude formation in relation to sport.
6. Apply your knowledge on measuring attitudes to competition.
7. Classify abilities from skills.
8. Ascertain on pain killers.

Section B

Answer any **THREE** questions ($3 \times 10 = 30$ Marks)

9. Explain in detail the research methods in sports psychology.
10. Relate exercise and stress reactivity.
11. Examine the attitudes to sport and sporting behaviour.
12. Prepare the stages of skill acquisition.
13. Evaluate prevention and treatment of alcohol use among athletes.

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