

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. (Psy) END SEMESTER EXAMINATIONS NOVEMBER - 2023

SEMESTER - V

21UPCET5001 - Sports Psychology

Total Duration : 2 Hrs 30 Mins.

Total Marks : 60

Section B

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

1. Explain the need for sports psychology.
2. Illustrate the nature of attitude to sports.
3. Apply the nature-nurture debate in sports.
4. Describe the prevalence of alcohol use among athletes.
5. Interpret the effect of exercise on reducing anxiety and increase in positive mood.
6. Classify attitude to competition and attitude to sporting behaviour.
7. Relate abilities and skills.
8. Justify the use of ergogenic drugs.

Section C

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

9. Describe the research methods used in sports psychology.
10. a) Relate exercise and stress reactivity.
b) Relate exercise and cognitive functioning.
11. Ascertain how the attitude to sports is formed and can be measured.
12. Compute the stages of skill acquisition and the information-processing approach to skills.
13. Evaluate the use of recreational drugs, painkillers drugs, and stimulants.
