

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

20UPCET5001 - Sports Psychology

Total Duration : 2 Hrs 30 Mins.

Total Marks : 60

Section B

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

1. Sketch the need and importance of sports psychology.
2. Examine how physical activity enhances mental health.
3. Examine the ways of measuring attitude towards sports.
4. Analyse the role of practice in enhancing skill and expertise.
5. Examine the effects of stimulants in sports person.
6. Explain the factors affecting attitude to sports.
7. Determine the present status of sports psychology in India.
8. Classify the different types of skills pertaining to sports.

Section C

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

9. Describe the experimental method and its application in sports Psychology.
10. Describe a range of stress management technique that can be applied to athletes.
11. Examine the approaches to change people's attitude to sports.
12. Ascertain the stages of skill acquisition.
13. Appraise the interventional strategies applied in drug abuse prevention among sports person.
