

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.Psychology - END SEMESTER EXAMINATIONS APRIL - 2024

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. Define the role of sports psychologists.
2. Illustrate the methods to measure attitudes towards sports.
3. Compute the abilities and skills required in sports. Explain the stages of skill acquisition.
4. Enumerate the recreational and painkiller drugs and its usage.
5. Explain the cognitive functioning and physical activity.
6. Analyze the impact of exercise on stress.
7. Describe the nature and nurture aspects in sports.
8. Elucidate the etiology of alcohol or drug usage among sports person.

Section C

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

9. Describe the evolution of field of sports psychology and its need.
10. Compute the effectiveness of physical activity on mental health.
11. Justify whether the individual's attitude create an impact on sports.
12. Relate the information processing approach to skills with an example.
13. Determine the interventions for reducing alcohol or drug among athletes.
