

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 - NOV'2024

SEMESTER - V

24UPCET5A01 - Sports Psychology

Total Duration : 2 Hrs.30 Mins.

Total Marks : 60

Section B

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

1. Describe the various research methods used in sports Psychology.
2. Explain the nature of attitudes in sports.
3. Apply the stages of skill acquisition towards learning a new sport.
4. Illustrate the prevalence of alcohol and drug use among athletes.
5. Describe the significance of physical activity on mental health.
6. Elucidate the various ways to measure attitudes.
7. Explain the nature-nurture debate present in sports.
8. Distinguish the various drugs used among the athletes.

Section C

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

9. Explain the need and importance of sports psychology.
10. Predict the impact of exercise on stress reactivity and cognitive functioning.
11. Determine the role of attitudes in enhancing effective sporting behaviour in an athlete.
12. Classify the abilities and skills present among athletes.
13. Examine the various intervention strategies to reduce substance use among athletes.
