

QP CODE: 24900221



Reg No:.....

Name:.....

MAHATMA GANDHI UNIVERSITY, KOTTAYAM
FIRST SEMESTER MGU-UGP (HONOURS) REGULAR
EXAMINATION NOVEMBER 2024

First Semester

Multi-Disciplinary Course - MG1MDCPSY101 - PSYCHOLOGY IN SPORTS AND EXERCISE

(2024 ADMISSION ONWARDS)

Duration: 1.5 Hours

Maximum Marks: 50

Remember (K), Understand (U), Apply (A), Analyse (An), Evaluate (E), Create (C), Interest (I), Appreciation (Ap), and Skill (S)

Students should attempt atleast one question from each course outcome to enhance their overall outcome attainability.

[Learning Domain][CO No(s)]

Part A

One Mark Questions

Answer 10 questions.

Each question carries 1 mark

1	What are the two main components of motivation?	[K]	[1]
2	What is meant by "intensity of effort" in the context of motivation?	[K]	[1]
3	What is sports fandom?	[K]	[2]
4	Who are the key proponents of Achievement Goal Theory?	[K]	[1]
5	Which is the most stable level of personality?	[K]	[1]
6	What type of motivation is driven by rewards and recognition?	[U]	[2]
7	Who proposed the theory that personality could be described by two traits: extraversion and neuroticism?	[K]	[3]
8	What are the different exercises for improving concentration	[K]	[1]

9	What is ironic effect?	[K]	[2]
10	What hypothesis explains the interaction between task demands and an athlete's resources?	[K]	[2]

(10 × 1 = 10)

Part B

Multiple Choice Questions

Answer 10 questions.

Each question carries 1 marks.

11	What does "direction of effort" refer to?				[K]	[1]
	a)	The amount of effort put forth	b)	The approach towards certain situations		
	c)	The outcome of an effort	d)	The time taken to complete a task		
12	What is the focus of positive self-talk?				[K]	[1]
	a)	Critiquing oneself	b)	Boosting confidence		
	c)	Comparing to others	d)	Seeking validation		
13	What does the Resource-Matching Hypothesis primarily suggest about emotions in sports?				[K]	[2]
	a)	Emotions in sports are solely determined by task difficulty.	b)	Emotional responses depend on the balance between task demands and an athlete's resources.		
	c)	Emotional experiences are unrelated to an athlete's personal traits.	d)	Athletes always perform better when they experience high anxiety.		
14	Who is known as the father of sports psychology?				[K]	[3]
	a)	John Watson	b)	Sigmund Freud		
	c)	Norman Triplett	d)	Coleman Griffith		

15					[U]	[1]
	The social facilitation theory suggests that an audience improves performance on:					
	a)	Unfamiliar tasks	b)	Well-learned tasks		
	c)	Both familiar and unfamiliar tasks	d)	Complex task		
16					[U]	[1, 2]
	Which system is responsible for transporting oxygen and nutrients in the body?					
	a)	Neuromuscular System	b)	Cardiovascular System		
	c)	Endocrine System	d)	Digestive System		
17					[U]	[1, 2]
	What type of motivation is driven by personal satisfaction and love for the sport?					
	a)	Intrinsic Motivation	b)	Extrinsic Motivation		
	c)	External Motivation	d)	Peer Motivation		
18					[U]	[4]
	According to Eysenck, what trait describes someone who is lively and sociable?					
	a)	Neuroticism	b)	Openness		
	c)	Extraversion	d)	Conscientiousness		
19					[U]	[1, 3, 4]
	Which of the following is NOT one of the five factors in Costa & McCrae's model?					
	a)	Extraversion	b)	Openness		
	c)	Stability	d)	Conscientiousness		
20					[K]	[1, 3]
	The first experiment in sports psychology was conducted by					
	a)	Albert Bandura	b)	Kurt Lewin		
	c)	Norman Triplett	d)	B.F. Skinner		

(10 × 1 = 10)

Part C

Short Answer Questions

Answer any 8 questions.

Each question carries 2 marks.

21	Imagine yourself as a sports psychologist & elaborate that how can you train athletes to switch between different types of attentional focus depending on the demands of their sport.	[C]	[2]
22	Describe some of the pressures or risks associated with intense sports fandom.	[U]	[2]
23	Describe the cognitive-behavioral orientation in sport psychology.	[U]	[1, 3]

24	What are the key benefits of positive psychology in sports?	[U]	[1, 3]
25	What is Sports and Exercise psychology	[K]	[1, 3]
26	Explain the strengths and Limitations of Scientifically Derived Knowledge and Professional Practice Knowledge	[K]	[1, 3]
27	Explain the effects of intrinsic and extrinsic motivation on athlete performance.	[U]	[1, 2]
28	Explain the importance of stress and anxiety management techniques for athletes. Provide examples.	[U]	[1, 2]
29	Describe Eysenck's theory of personality and its relevance in sport psychology.	[U]	[3, 4]
30	Explain the interactional approach to personality in sport and provide an example of its application.	[U]	[1, 4]
31	Discuss the role of focus enhancing techniques in sports psychology.	[U]	[2]
32	what are the strategies that we can use to manage fan behaviour ?	[K]	[3]
33	How does the interactional approach provide a more comprehensive understanding of athletic performance compared to the trait or situational approaches alone?	[U]	[3, 4]

(8 × 2 = 16)

Part D

Long Answer Type Questions

Answer any 2 questions.

Each question carries 7 marks.

34	Outline the effectiveness of using behavior modification techniques to change undesirable participant motives	[U]	[1]
35	Evaluate the impact of goal orientations on an athlete's mental well-being, including the relationship between goal orientation and anxiety, stress, and resilience.	[E]	[4]
36	Analyze how typical responses to situational pressures can vary among athletes. Provide examples of how these responses can influence performance in a competitive environment.	[An]	[1]
37	Discuss the importance of Conscientiousness in athletes and how it affects their training and competition.	[U]	[2]

(2 × 7 = 14)

END OF THE QUESTION PAPER
