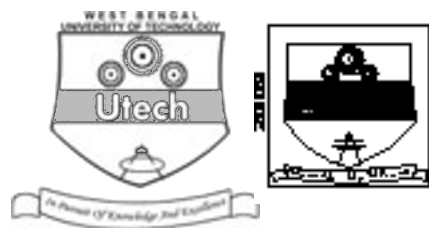


## PSYCHOLOGY OF SPORTS ( SEMESTER - 4 )

CS/BSM/SEM-4/BSM-401/09



1. ....  
Signature of Invigilator

2. ....  
Signature of the Officer-in-Charge

Reg. No.

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Roll No. of the  
Candidate

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CS/BSM/SEM-4/BSM-401/09  
ENGINEERING & MANAGEMENT EXAMINATIONS, JUNE – 2009  
PSYCHOLOGY OF SPORTS ( SEMESTER - 4 )

Time : 3 Hours ]

[ Full Marks : 70

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### INSTRUCTIONS TO THE CANDIDATES :

- This Booklet is a Question-cum-Answer Booklet. The Booklet consists of **32 pages**. The questions of this concerned subject commence from Page No. 3.
- In **Group – A**, Questions are of Multiple Choice type. You have to write the correct choice in the box provided **against each question**.
  - For **Groups – B & C** you have to answer the questions in the space provided marked 'Answer Sheet'. Questions of **Group – B** are Short answer type. Questions of **Group – C** are Long answer type. Write on both sides of the paper.
- Fill in your Roll No. in the box** provided as in your Admit Card before answering the questions.
- Read the instructions given inside carefully before answering.
- You should not forget to write the corresponding question numbers while answering.
- Do not write your name or put any special mark in the booklet that may disclose your identity, which will render you liable to disqualification. Any candidate found copying will be subject to Disciplinary Action under the relevant rules.
- Use of Mobile Phone and Programmable Calculator is totally prohibited in the examination hall.**
- You should return the booklet to the invigilator at the end of the examination and should not take any page of this booklet with you outside the examination hall, **which will lead to disqualification**.
- Rough work, if necessary is to be done in this booklet only and cross it through.

**No additional sheets are to be used and no loose paper will be provided**

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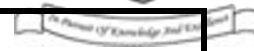
Marks Obtained

	Group – A										Group – B					Group – C					Total Marks	Examiner's Signature
Question Number																						
Marks Obtained																						

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Head-Examiner/Co-Ordinator/Scrutineer

4438 (04/06)





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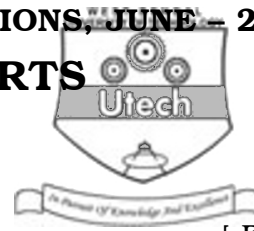




**ENGINEERING & MANAGEMENT EXAMINATIONS, JUNE – 2009**

**PSYCHOLOGY OF SPORTS**

**SEMESTER - 4**



Time : 3 Hours ]

[ Full Marks : 70

**GROUP – A**

**( Multiple Choice Type Questions )**

1. Choose the correct alternatives for the following :

10 × 1 = 10

i) Father of Modern Sports Psychology is

a) Rainer Martens

b) Bruce Ogilvie

c) Coleman Griffith

d) Camille Brown.

ii) Psychology means

a) study of heart

b) study of the mind

c) study of intelligence

d) study of reasoing.

iii) Personality disorder is prominent in general

a) athlete from urban area

b) athlete from business family

c) athlete from rural area

d) athlete from sports family.

iv) Internal Monologue in Sports Psychology is

a) negative throught during competition by running conversation in one's mind

b) positive thought during pre-competition period

c) positive thought during post-competition period

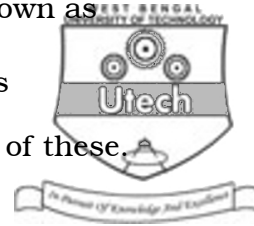
d) positive thought during competition by running conversation in one's mind.





v) A relatively permanent change in behaviour is known as

- |               |                   |
|---------------|-------------------|
| a) perception | b) ethics         |
| c) learning   | d) none of these. |



vi) Object of criticism in Sport Psychology is to

- a) balance performance
- b) improve performance
- c) maintain performance
- d) remove stalemate in performance.

vii) Psychologist should have

- |                 |                |
|-----------------|----------------|
| a) registration | b) recognition |
| c) license      | d) popularity. |

viii) Psychiatric should have

- |               |                  |
|---------------|------------------|
| a) license    | b) recognition   |
| c) popularity | d) registration. |

ix) Cohesion in sports psychology

- a) factors to an individual or team success
- b) factors to an individual or team failure
- c) factors to an individual success
- d) factors to a team success.

x) Amotivation means

- a) completeness of any kind of motivation
- b) complete lack of any kind of motivation
- c) complete failure of any kind of motivation
- d) complete success of any kind of motivation.

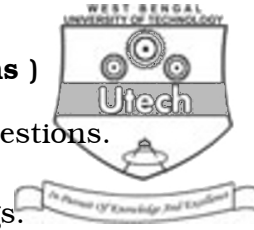




5  
**GROUP – B**

**( Short Answer Type Questions )**

Answer any *three* of the following questions.



3 × 5 = 15

2. Write short notes on classical and operant conditionings.
3. Define Motivation and comment on the importance of motivation in improving performance of sports person.
4. Write on global Personality traits.
5. Write notes on branches and field of Psychology.
6. What is personality pyramid ?

**GROUP – C**

**( Long Answer Type Questions )**

Answer any *three* of the following questions.

3 × 15 = 45

7. Explain the difference between psychologist and psychiatric.
8. Mention the theories of Personality.
9. If you join the Knight Riders Team management, how will you implement Sports Psychology in building good relationship between the coach and players ?
10. Explain in detail Goal-setting.
11. Discuss on players and coach relation.

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END