

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 2025
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. Explain how sport psychology evolved as a specialized discipline in psychology.
2. Analyse the three components of attitudes (cognitive, affective, and behavioral) in relation to sport and provide an example of each.
3. Discuss how different types of feedback (intrinsic vs. extrinsic) affect skill acquisition.
4. List different types of drugs used by athletes and their effects on performance.
5. Elucidate how exercise contributes to the reduction of stress reactivity.
6. A PE teacher wants to promote good sportsmanship among students. Apply the concept of reinforcement and modeling to encourage positive sporting behavior.
7. Describe how an athlete processes information during a penalty kick using the information-processing model.
8. Discuss the effectiveness of current prevention and treatment strategies for substance abuse in sports.

Section C

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

9. Provide an example of how a sports psychologist can assist a team in improving teamwork and communication.
10. Analyze the relationship between exercise intensity and its effects on mood enhancement.
11. Critically evaluate how different attitudes toward competition (e.g., winning-oriented vs. participation-focused) can impact an athlete's performance and psychological well-being.
12. Explore the impact of the "super ability" concept on sports talent identification and development.
13. Propose a community-based intervention program to reduce drug use among young athletes.
