

Roll.No.

24UPCET5A01

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 - NOVEMBER 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. Discuss in short the history of sports psychology.
2. Briefly discuss the Role of Sport Psychologists in Professional Training.
3. Analyze on Physical Activity contributes to Improved Cognitive Functioning.
4. Discuss the Effect of Exercise on Anxiety and Positive Mood.
5. State the Nature of Attitudes towards Sport with suitable examples.
6. Examine Attitudes towards Competition in Sporting Contexts.
7. Classify the abilities related to sports with brief illustrations.
8. Discuss the theory of Reasoned Action in the context of Sporting behavior.

Section C

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

9. Trace the Research Methods in Sport Psychology.
10. Explicate Exercise influences Mental Health, Focusing on Depression, Anxiety and Stress Reactivity.
11. Demonstrate Formation and Measurement of Attitudes towards Sport and Sporting Behaviour.
12. Evaluate the Stages of Skill Acquisition and Information Processing Approach.
13. Elaborate the classification of skills in the context of sporting behaviour.
