

**Autumn Semester Examination 2017**  
**Paro College of Education**  
**Royal University of Bhutan**  
**Paro**

**Module:** PSA 204 (Psychological Foundation of Physical Education & Sports)

**Programme:** Diploma in Physical Education & Sports Coaching

**Level:** II

**Writing Time:** Three Hours

**Full Marks:** 100

**INSTRUCTION**

Do not write during the first 15 minutes. Use this time for reading the questions. You will get full three hours for answering the questions. Write the answers to all the questions in the answer sheets provided by the college. Read the directions to each section and to each question carefully before answering the questions. Once the writing time begins, you are not allowed to ask questions, speak with others, or move around. Do not leave the examination hall before you are certain that all the questions, as directed in the paper, have been answered.

**SECTION A**

**Two Questions- 20 Marks**

**Answer ALL Questions**

**QUESTION 1**

**Direction:** Each question below is followed by four responses. Choose the response that best fits the given question and write it in the answer sheet provided. (1x10=10 marks)

- a) The rate of progress in learning slows down and reaches a limit beyond which further improvement seems impossible. It is known as
- |                      |                     |
|----------------------|---------------------|
| A. plateau.          | C. boredom.         |
| B. loss of interest. | D. difficult stage. |
- b) Sports performance is the bi-product of
- |                         |                       |
|-------------------------|-----------------------|
| A. skill.               | C. total personality. |
| B. conditional ability. | D. tactical ability.  |
- c) Which is the most effective method for encouraging self-learning?
- |                          |                        |
|--------------------------|------------------------|
| A. Demonstration method. | C. Observation method. |
| B. Lecture method.       | D. Task method.        |
- d) The simplest form of cognition is
- |                |                |
|----------------|----------------|
| A. sensation.  | C. conception. |
| B. perception. | D. affection.  |

- e) A motivated state known as \_\_\_\_\_ is caused by physiological deprivation, such as a lack of food or water.
- A. need  
B. instinct  
C. drive  
D. homeostasis
- f) In the childhood, individual's behaviour is most influenced by
- A. community  
B. school  
C. peer group  
D. family.
- g) The leader who allows complete freedom in decision making and do not participate in the group activities is
- A. autocratic  
B. democratic  
C. laissez faire  
D. consultative.
- h) Talkative vs. silent; frank, open vs. secretive; adventurous vs. cautious; sociable vs. reclusive. These traits describe which dimension of personality?
- A. Emotional Stability  
B. Extraversion  
C. Agreeableness  
D. Conscientiousness
- i) The trait approach to personality
- A. assumes that each individual has stable personality characteristics.  
B. assumes that people are motivated by unconscious emotional conflicts.  
C. assumes that peoples thoughts and beliefs are central to personality.  
D. assumes that people have an innate tendency to become self-actualized.
- j) The desire for mastery, excellence, and accomplishment is known as
- A. the drive motive.  
B. the hunger motive.  
C. sensation seeking.  
D. the achievement motive

## QUESTION 2

**Direction:** Write short notes on any **FIVE** of the following terms (2 x 5=10)

- a) Self-talk
- b) Imagery
- c) Psychological growth
- d) Adherence
- e) Mental toughness
- f) Burnout
- g) Self-confidence

### SECTION B

#### Four Questions -80 Marks

**Directions:** From the **SIX** questions, choose any **FOUR** and write their answers as directed in the answer sheets provided

#### Question Three

**Direction:** Write **TWO** differences for any **FIVE** of the following terms. (4X5=20 Marks)

- a) Clinical Sports Psychologist and Educational Sports Psychologist.
- b) Arousal and Anxiety.
- c) Long term goals and short term goals.
- d) Team Dynamics and Group Cohesion.
- e) Trait sports specific personality test and state sports specific personality test.
- f) Competition and Cooperation.
- g) Psycho-physiological and cognitive behaviour orientation in sports psychology.

#### Question Four

- a) “Motivation is the art of getting people to do what they want to do.” As a coach, suggest any **FIVE** strategies you would use to motivate your team for better performance. (10 marks)
- b) Discuss any **FIVE** theories of motivation in sports. (10 marks)

#### Question Five

- a) “The cause of frustration among sports person is normally due to mismatched level of aspiration and ability”. How would you use the stress process to match the level of aspiration and the ability to avoid frustration among your players? (10 marks)

- b) Does arousal and anxiety influence an individual's performance? Justify the statement with sports specific examples. (10 marks)

### **Question Six**

- a) "Confidence is like a muscle. The more you use it, the stronger it gets." Highlight on any **FIVE** techniques of building self-confidence among your players to develop the sense of competitiveness. (10 marks)
- b) "A mind troubled by doubt cannot focus on the course to victory." Attentional problems are the common problems experienced by our students during HPE and sports coaching sessions; suggest some strategies and techniques to overcome these problems. (10 marks)

### **Question Seven**

- a) Explain the relation between athlete aggression and performance. (10 marks)
- b) You are hired as a coach of a middle secondary school sports program. Identify and outline topics that would be important to discuss in a parent orientation meeting for a team of 10 to 12 years old athletes. (10 marks)

### **Question Eight**

- a) Compare and contrast the trait, behavioural, situational and interactional approaches to leadership. (10 marks)
- b) As a leader you just had a brief confrontation with one of the players for breaking team rules. Discuss **FIVE** advices that you might give the player in order to modify behaviour. (10 marks)