

Autumn Semester Examination 2021
Paro College of Education
Royal University of Bhutan
Paro

Module: PSY201 (Psychological Foundation of Physical Education & Sports)

Program: Diploma in Physical Education and Sports Coaching **Level:** II

Writing Time: Three Hours

Full Mark: 100

Instruction:

Do not write for the first **15** minutes. This time is to be spent in reading the questions. This question paper consists of two Sections– Section-A and Section-B. You must read the instructions for each section carefully and ensure how many questions are required to be answered from each section. Also you must note the marks allocated for writing each answer and spend your time accordingly.

Section A
Two Questions- 20 Marks
Answer ALL Questions

Question 1

Direction: Each question below is followed by THREE responses. Choose the response that best fits the given question and write it in the answer sheet provided.

(1x10=10 marks)

- a. Stress can be defined as
 - A. positive and negative effect on performance.
 - B. positive effect on performance.
 - C. negative effect on performance.

- b. Sports psychologist work with amateur and professional athletes to.....
 - A. worsen performance and improve psychological well-being.
 - B. improve performance and worsen psychological well-being.
 - C. improve performance and improve psychological well-being.

- c. A sports psychologist's competencies include.....
 - A. emotional intelligence quotient, height, and authority.
 - B. personality, confidence and intelligence quotient.
 - C. client welfare, professional relationships and assessment techniques.

- d. The two types of stress are.....
 - A. Happy and Sad Stresses
 - B. Eustress and Distress
 - C. Euphoria and Dysphoria

- e. Which one of these represents intrinsic motivation?
 - A. Trophies.
 - B. Medals.
 - C. Enjoyment of the activity.

- f. The energising force that activates behaviour and provides purpose and direction to those behaviours is known as.....
 - A. Emotion.
 - B. Motivation.
 - C. Perception.
- g. Sport and exercise psychology is first and foremost a.....
 - A. science.
 - B. applied field study.
 - C. laboratory-based field of study.
- h. Coleman Griffith established the first research laboratory in sport psychology at the University of
 - A. Iowa.
 - B. Minnesota.
 - C. Illionious
- i. The trait approach to personality assumes that.....
 - A. people behave similarly in different situation.
 - B. people behave differently in different situation.
 - C. personality does not change much over time.
- j. Dorji is the starting centre for his basketball team. Before a big game he has butterflies and is breathing very rapidly. These symptoms refer to his
 - A. State anxiety
 - B. Trait anxiety.
 - C. Cognitive

QUESTION 2

Directions: Write short notes on any FIVE of the following terms. (2X5=10 marks)

- A. Anxiety
- B. Sports psychology
- C. Concentration
- D. Group
- E. Goal Setting
- F. Imagery
- G. Leadership

Section B
(80 Marks)

Direction: Answer any **Four** of the **Five** sets of questions in this section.

Question 3

Directions: Write the differences for any **FIVE** of the following pairs of terms.

(4X5=10 marks)

- A. Self-confidence and Self-esteem.
- B. Eustress and Distress
- C. Dreams and Goals
- D. Reinforcement and Feedback
- E. Competition and Cooperation.
- F. Extrovert and Introvert
- G. Outcome goals and Performance goals

Question 4

(10+10=20 marks)

- a. Sports psychology research offers a wide range of applications in the field of sports. Discuss any FIVE ways that sports psychology can help athletes improve their performance.
- b. Sports psychologist deals with players, coaches, and referees at all levels, from amateur to professional. Describe any FIVE roles a sports psychologist plays in the world of games and sports.

Question 5

(10+10=20 marks)

- a. Suggest any FIVE characteristics that might assist in the formation of a team to achieve a common goal.
- b. "Successful Teams Aren't Born." Explain how Tuckman's stages of team development can help you establish a successful team.

Question 6

(10+10=20 marks)

- a. "It is widely thought that children benefit from participating in sports and other physical activities from an early age." Justify your assertion by citing any five reasons why it is important to encourage youngsters to participate in physical activities on a regular basis.
- b. According to numerous researches, youngsters are easily discouraged and demotivated from participating in activities and sports. List any five reasons why children stop participating in games and sports.

Question 7

(10+10=20 marks)

- a. Define personality and explain the three degrees of personality that would aid a coach in gaining a better understanding of the team.
- b. In order to focus on the team's objective, as a coach, you must be more concerned about your players' personalities. Describe the FIVE different techniques you would take to study your players' personalities.