

Autumn Semester Examination 2018
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, this time MUST be used ONLY 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. (1x5=5 Marks)

- a) Which one of these represents intrinsic motivation?
- | | |
|--------------|-------------------------------|
| A. Trophies. | C. Enjoyment of the activity. |
| B. Medals. | D. Scholarships. |
- b) In Maslow's hierarchy of needs, food, water, sleep, and sex are considered _____ motives.
- | | |
|-------------------|------------------------|
| A. safety. | C. self-actualization. |
| B. physiological. | D. belongingness. |
- c) From the Big Five personality dimensions, behaviors such as speaking fluently, displaying ambition, and exhibiting a high degree of intelligence is
- | | |
|----------------------|-----------------|
| A. conscientiousness | C. extraversion |
| B. openness | D. neuroticism |
- d) In the childhood, individual's behaviour is most influenced by
- | | |
|--------------|---------------|
| A. community | C. peer group |
| B. school | D. family. |

- e) Talkative vs. silent; frank, open vs. secretive; adventurous vs. cautious; sociable vs. reclusive. These traits describe which dimension of personality?

A. Emotional Stability

C. Agreeableness

B. Extraversion

D. Conscientiousness

QUESTION 2

Direction: Match each item in column I against the most appropriate item in column II. Write only the alphabet against the number in the answer sheet. (1X5=5 Marks)

COLOUMN A

- A. Coleman Griffith
- B. Dorothy Harris
- C. Norman Triplett.
- D. Franklin Henry
- E. Bruce Ogilvie

COLOUMN B

- 1. Period 3: Preparation for future.
- 2. Period 4: Establishment of Academic Sorts Psychology.
- 3. Period 2: Griffith Era.
- 4. Period 6: Sports Psychology for learning
- 5. Period 5: Multidisciplinary science and Practice in sports and exercise psychology
- 6. Period 1: Early Years.

QUESTION 3

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

- a) Personality
- b) Imagery
- c) Stress
- d) Group
- e) Self-confidence
- f) Concentration
- g) Adherence
- h) Burnout

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 4

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

- a) Clinical Sports Psychologist and Educational Sports Psychologist.
- b) Eustress and Distress
- c) Team Dynamics and Group Cohesion.
- d) Trait anxiety and State Anxiety.
- e) Competition and Cooperation.
- f) Outcome goal and performance goal

QUESTION 5

- a) What is sports psychology? Discuss some of the roles and scopes of a sports psychologist with the most appropriate examples. (2 +2+2+2+2=10 Marks)
- b) As a HPE teacher, suggest any Five approaches to study and understand the personality of your children to make them choose the most relevant of sports in their future. (2 +2+2+2+2=10 Marks)

QUESTION 6

- a) “Winners never quit and quitters never win”, as a coach, suggest any FIVE strategies you would use to motivate your team for better performance to achieve a common goal. (2 +2+2+2+2=10 Marks)
- b) Suggest how the FIVE theories of motivation in sports would be useful to make your players understand that it’s hard to beat a person who never gives up. (2 +2+2+2+2=10 Marks)

QUESTION 7

- a) Does arousal and anxiety influence an individual’s performance? Justify with any FOUR theories on Arousal performance with specific examples. (2 +2+2+2+2=10 Marks)
- b) “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? (2 +2+2+2+2=10 Marks)

QUESTION 8

- a) Your team is in finals with the same team whom you lost over the last season, you observe that half of your players are panicking so, highlight on any **FIVE** techniques of building self-confidence among your players to change their mind set. (2 +2+2+2+2=10 Marks)
- b) Attentional problems are the common problems experienced by our students during HPE and sports coaching sessions; suggest any FIVE strategies and techniques to overcome these problems in reference to types to attentional disorders. (2 +2+2+2+2=10 Marks)

QUESTION 9

- a) It is believed that to injure an opponent is to injure yourself. To control aggression without inflicting injury is the Art of Peace. Justify your response in relation to how study of aggression in sports helps in influencing sport performance of an individual. (2 +2+2+2+2=10 Marks)
- b) You are asked to present guidelines on roles of parents in creating a healthy and successful sports experience for their children in a parent teacher meeting. Highlight on some of the guideline you would focus to draw parent's attention. (2 +2+2+2+2=10 Marks)