

MPCC 402 : PSYCHOLOGY AND SOCIOLOGY OF SPORTS

1. What is psychology? Write about the need and importance of sports psychology. Write in brief about the different types of motor learning theories. What are the different factors affecting the perception? What is perceptual mechanism?
2. What is personality? How you can measure the personality traits. Write about the different dimension of personality. Write a note on personality in relation to the sports performance.
3. Define motivation. Write down different types of motivation. Write in your own words about the motivation and sports performance. What are the different types of anxiety? What are the causes of anxiety?
4. What is aggression? Write about the in brief about the aggression and sports performance. Write about the process of goal settings and sports performance. What are the different types of relaxation technique?
5. What is sports sociology? Write about the sports as social institution. What is socialization? Write in your own word about the national integration through sports. Write about the socialisation through physicaleducation.
6. What are basic differences between fans and spectators? Write about the effect of audience on sports performance. Write in brief about sports and politics.
7. What is leadership? Write about the different types of leadership. Discuss about leadership and sports performance.
8. What is group? Write about the different types of group. What is group life and group cohesion? Write in brief about the group dynamics
9. Write in brief about women in sports. Discuss about the gender inequalities in sports.