

Unit-9

Psychology And Sports

1-Mark Questions-(Objective/Subjective)

- Which of the following is an example of intrinsic feedback?
 - The crowd booing a bad pass
 - The performer hitting a pass and the technique feeling right
 - The coach shouting encouragement following a good pass
 - The performer passing to a teammate who has shouted for the ball
- Which of the following is an example of extrinsic motivation?
 - Trying to beat your personal best in a 100m sprint
 - Participating in badminton for enjoyment
 - Wanting to swim a length of the swimming baths to gain a badge
 - Taking up aerobics to get fitter
- Which one of the big five traits of personality is not its domain?
 - Extroversion.
 - Agreeableness
 - closedness.
 - Neuroticism
- An introvert personality is known as
 - Fridley & talkative
 - Shy & talkless.
 - leadership ability.
 - less strength & slim
- Intrinsic motivation depends upon
 - Teachers' guidance to improve.
 - fear of punishment
 - reward & honour
 - self-realisation to do better.
- Jung's personality has.... characteristics.
 - introvert & extrovert
 - musculature structure
 - calm & even-tempered
 - none of the above.
-refers to forceful behavior intended to dominate.
 - stress
 - aggression
 - motivation
 - Anxiety.
- Violence in a match by spectators is a type of
 - hostile aggression.
 - instrumental aggression.
 - Assertive aggression.
 - none of the above
- Motivation is vital to overcome.....and reach the top.
 - Obstacle
 - Pressure
 - stagnation
 - Desire.
- Regular exercise leads to
 - increased stress.
 - less sleep
 - faster ageing
 - positive thinking.
- Using aggression to achieve a goal is known as
 - Hostile aggression
 - Assertive behavior
 - Instrumental aggression
 - violent attitude.
- The word motivation is derived from the Latin word
 - movere.
 - moves
 - Moore.
 - motive
- Natural motivation is also known as –
 - Intrinsic
 - Extrinsic.
 - Interim
 - Extreme
- The word personality is derived from the Latin word
 - Persona
 - Endomorph
 - Perjona
 - Person

15. The physical traits Endomorphic, Mesomorphic, Ectomorphic is given by
(a) Sheldon (b) Jung (c) Big-5 (d) Eysenck
16. Big-5 theory is also known as
(a) Five factor model (b) Five traits model
(c) Five personality model (d) Five temperament model.
17. The word 'Endo' in endomorph is for
(a) rounded body (b) muscle body (c) thin body (d) Lazy body
18. Participation in a regular exercise program is known as
(a) Exercise adherence (b) Wellness (c) Fitness (d) Performance.
19. Any physical behavior intentionally aimed to injure others is known as
(a) hostile aggression (b) instrumental aggression
(c) assertive aggression (d) negative aggression
20. Verbal behavior that harms the living being is known as
(a) Hostile aggression (b) Instrumental aggression.
(c) Assertive aggression (d) Negative aggression
21. Who said 'The drive to strive is called motivation'.
22. Define the term motivation.
23. Mention four types of aggression in sports.
24. Mention two reasons to exercise.
25. Mention Sheldon's physical characteristics.
26. From which word personality is derived?
27. Enlist the big five theory.
28. Jung classified personality into two. Write two characteristics of each.
29. What is exercise adherence?
30. What is assertive behaviour?
31. Which obstacles or barriers are faced during exercise adherence?

3-Mark Questions.

32. State any two dimensions of personality in brief.
33. State about the emotional dimension of personality in brief.
34. Briefly explain any three techniques of intrinsic & extrinsic motivation.
35. Explain any three reasons to exercise in detail.
36. Discuss Sheldon's type and traits of personality in detail.
37. Discuss the meaning & concept of aggression.
38. Explain the strategies for enhancing adherence to exercise.

5-Mark Questions

39. Define personality. Elucidate its types in detail.
40. Define motivation. Explain any five techniques of motivation.
41. Elucidate the big five personality theory.
42. What is exercise adherence? Discuss the strategies for enhancing adherence to exercise.

