

The Assam Royal Global University, Guwahati

(Royal School of Behavioral & Allied Sciences)

M.A. Psychology/Clinical Psychology, 3rd Semester

Semester End Examination, January 21-22

Course Title: Sport Psychology

Course Code: PSY064D305/CPY064D305

Time: 3 Hours

Maximum Marks: 70

Section – A

- Q.1.** Attempt **all questions**. (Maximum word limit 50) **2 x 8**
- a. Who are called Clinical/Counselling sport psychologist?
 - b. Distinguish between enculturation and acculturation.
 - c. How to measure personality?
 - d. Distinguish between competition and cooperation.
 - e. Define burnout in sport.
 - f. What are the physical and psychological systems of burnout?
 - g. Differentiate between problem focused and emotion focused coping strategies.
 - h. Differentiate between pictorialists and descriptionist.

Section – B

- Q.2.** Attempt **any two** of the following: **6 x 2 = 12**
- a. Discuss the development of professional organization in sport psychology.
 - b. Discuss multicultural training in sport psychology.
 - c. Discuss sexual orientation in sport psychology.
- Q.3.** Attempt **any two** of the following: **7 x 2 = 14**
- a. Explain the principles of effective goal setting.
 - b. Explain the guidelines that help in building motivation.
 - c. Does personality affects sport performance? Explain.
- Q.4.** Attempt **any two** of the following: **7 x 2 = 14**
- a. Explain the approaches to combating drug use in sport.
 - b. Explain different types of inverted U theory.
 - c. Discuss the relationship between arousal and athletic performance.
- Q.5.** Attempt **any two** of the following: **7 x 2 = 14**
- a. Explain different factors that enhance the generalizability of coping skills.
 - b. Explain Paivio's two dimensional model of imagery.
 - c. Explain the psychological skill characteristics of the elite athlete.