



## **B.P.Ed. 2years, (CBSGS)**

### **SEM-III**

#### **COURSE-X: PSYCHOLOGY OF EDUCATION, PHYSICAL EDUCATION AND SPORTS**

*(Sample online exam question paper)*

1. The earliest typology ( body types )of personality was based on the
  - a) Height-weight dimensions
  - b) Physiognomy
  - c) Body humerus (fluids)
  - d) Mental traits
  
2. In his doctrine of constitutional psychology Sheldon originally attempted to find out relationship between the Physique and
  - a) Intelligence
  - b) Character
  - c) Personality
  - d) Temperament
  
3. Who discovered the method of learning trial and error?
  - a) Thorndike
  - b) Pavlov
  - c) Skinner
  - d) Kohler
  
4. Who discovered learning method learning by Insight?
  - a) Thorndike
  - b) Pavlov
  - c) Skinner
  - d) Kohler
  
5. Who discovered the learning method learning by condition?
  - a) Thorndike
  - b) Pavlov
  - c) Skinner
  - d) Kohler



6. Recent research evidence suggests that if an athlete allowed himself to express aggression on and off the field of play it leads to

- a) Decreased aggression
- b) Increased aggression
- c) No aggression at all
- d) Calm and quiet mind state

7. Which of the following nervous system plays a crucial role in anxiety and arousal the two potential influences of performance in sport?

- a) Sympathetic
- b) Limbic
- c) Parasympathetic
- d) Autonomic

8. Name the strategy and athlete adopts to overcome a psychological block by talking to his trainer the coach a trusted friend or a sport psychology

- a) Counselling
- b) Intervention
- c) Coping
- d) Introspection

9. If symptoms of depression or anxiety persist or worsen beyond a month or so after experiencing a drop of value of the sports person is usually diagnosed with chronic.

- a) Disease
- b) Stress
- c) Malaise
- d) Disorder

10. From Data based reports it is evident that more than 50% of consultations among athletes at any Olympic content have invariably been related to.

- a) Attention and concentration
- b) Mood states problems
- c) Self – management strategies
- d) Anxiety and stress problems



11. The abbreviation in A C H developed by McClelland in his theory of human behaviour stands for
- Drive to achieve
  - Need for action
  - Motivated action
  - Intense drive
12. As per the hierarchy of needs former what is the need for respect from others former and for the sense of accomplishment?
- Esteem
  - Self- actualization
  - Socialization
  - Safety
13. All top sports persons are characterized by a/an
- Powerful urge for winning
  - High need for achievement
  - Strong desire to create records
  - Ambition to amass wealth.
14. Which of the following has least to do with motivation system?
- Need
  - Drive
  - Habit
  - Motive
15. Athletes in great effort to 'make things happen' have
- External locus of control
  - Internal locus of control
  - High self-esteem
  - High self - regard sentiment
16. Incentive theory states that behaviour in general (and athletic Olivia in particular) is motivated by
- Social attractions
  - Internal push for certain gains.
  - Parental cajoling and coaxing
  - Pool of external goals



17. Which of the theories of motivation has biological orientation?

- a) Need theory
- b) Drive theory
- c) Instinct theory
- d) Humanistic theory

18. In terms of motivation, what drives our thoughts, moods and behaviour?

- a) Planetary body
- b) Natural phenomena
- c) Social circumstances
- d) Internal and external forces

19. An incentive essentially is a

- a) Reward
- b) Drive
- c) Punishment
- d) Condition

20. Who of the following developed the hierarchy of needs to explain human behaviour especially motivations?

- a) Sigmund Freud
- b) Charles Darwin
- c) Abraham Maslow
- d) Carl Rogers

21. By what other name is drive theory known in motivation psychology?

- a) Homeostatic
- b) Arousal
- c) Drive induction
- d) Activation

22. Freud originated the idea that behaviour could be \_\_\_\_\_ motivated, former meaning that individuals can be completely unaware of the drives or reasons that are causing them to behave in certain ways

- a) Consciously
- b) Extrinsically
- c) Unconsciously
- d) Intrinsically



23. What kind of motivation is signified by "a habitual desire to achieve goals through our individual efforts?"

- a) Sexual
- b) Achievement
- c) Incentive
- d) Instinct

24. Who developed the theory of human behaviour based on three major needs of man – the need of achievement the need of power and the need for affiliation?

- a) McClland
- b) Jean Piaget
- c) Henry Murray
- d) Abraham Maslow

25. Which of the following motives is the least likely to have a biological basis?

- a) Hunger
- b) Sex
- c) Achievement
- d) Affiliation

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