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BACHELOR OF BUSINESS ADMINISTRATION
(B.Sc Sports Management) (770)

EXAMINATION : DECEMBER-2025

SEMESTER - III

Sub: - Physical Education And Sports (BSC24-S312)

Date: 22/12/2025	Total marks: 60	Time: 2.00 pm To 4.30 pm
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Q. 1. Answer in Detail (30)

1. A student athlete is struggling with low motivation after consecutive losses in competitions. As a coach, how will you use psychological strategies to rebuild the athlete's confidence and performance?
2. Why Physical Fitness is important? Explain components of Physical Fitness.
3. Why does Sportsmanship is integral part of Sports? How does it helps enhance an individual's Personality?

Q. 2. Write Short Notes(Any Two) (10)

1. Spiritual wellness
2. Sportsmanship
3. Body composition
4. Stages of Learning

Q. 3. Answer in Short (10)

1. Define Fairplay
2. Cardiovascular Endurance
3. Coordination & Agility
4. Any 2 Muscle Contractions
5. Name any 2 Health Related Physical Fitness

Q. 4. Case Study (10)

A school basketball team is preparing for an interschool tournament. During practice, one of the players, Rohan, refuses to pass the ball to teammates because he wants to score all points and become the top player. His teammates feel discouraged, the team spirit drops, and the coach notices a lack of cooperation affecting overall performance.

One day, during a crucial practice match, Rohan misses several shots because he is under pressure. The team loses the match, and Rohan realizes that without teamwork, winning is impossible. After discussing with the coach, he apologizes to teammates and starts playing collaboratively. The team's performance begins to improve significantly.

Questions:-

1. How did Rohan's initial behavior negatively impact team performance and team morale?
2. What values and teamwork principles did Rohan demonstrate after his realization, and how did they contribute to the improvement of the team?