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BACHELOR OF BUSINESS ADMINISTRATION
B.Sc Sports Science (613)
EXAMINATION : DECEMBER -2025
SEMESTER - III

Sub: Introduction to Sports And Exercise Psychology (BSC23-313)

Date: 19/12/2025	Total marks: 60	Time: 2.00 pm To 4.30 pm
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Q. 1. Answer in Detail (30)

1. Define Stress. Explain the four stages of the Stress Process (Environmental Demand, Perception of Demand, Stress Response, Behavioral Consequences).
2. Define Cohesion. Compare and contrast Task Cohesion and Social Cohesion, and discuss which is more critical for interactive sports like basketball versus coactive sports like archery.
3. Discuss the Psychological Antecedents of Injury. How do personality traits, history of stressors, and coping resources interact to increase an athlete's risk of getting injured?

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

1. Explain the difference between Task Orientation and Ego Orientation.
2. Sandwich Approach: Describe this technique for delivering constructive criticism.
3. What behavioral or physical signs might indicate an athlete has Bulimia?
4. Autocratic vs. Democratic Leadership: Briefly compare these two decision-making styles.

Q. 3. Answer in Short (10)

1. What is Intrapersonal Communication?
2. Define Staleness in the context of overtraining.
3. What is the Iceberg Profile?
4. Define Group Norms.
5. What is Somatic Anxiety?

Q. 4. Case Study (10)

A 14-year-old swimmer is training 6 hours a day. Lately, her times have slowed down, she has trouble sleeping, her resting heart rate is elevated, and she is frequently moody and irritable with her parents.

Questions:

1. Is this athlete suffering from Burnout or Overtraining Syndrome? Explain your reasoning based on the symptoms.
2. What is the difference between Positive Adaptation to training and Maladaptation?
3. Suggest a modification to her training schedule to address this issue.