



TAMILNADU COUNCIL FOR OPEN AND DISTANCE LEARNING

Approved by International Council for Open & Distance Education (ICDE), Oslo, Norway

Internationally Recognized Institution Registered under Tamilnadu Govt Act

POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY

MODEL QUESTION PAPER

QUESTION CODE: A/PGDSP-001

SUBJECT CODE: PGDSP1

FOUNDATIONS OF SPORTS PSYCHOLOGY

Time: 2 Hrs

Total Marks: 100

Answer ANY TEN questions

10 x 10 = 100

1. Define sports psychology and explain its nature, scope, and significance in the context of physical education and competitive sports.
2. Discuss the major objectives and functions of a sports psychologist. How do they contribute to an athlete's performance?
3. Compare the personality and behavioural patterns of athletes with non-athletes. How do these traits influence sports performance?
4. Explain the psychological components of fitness. How do self-confidence, self-esteem, and mental toughness contribute to athletic success?
5. Define motivation in sports. Distinguish between intrinsic and extrinsic motivation with suitable examples.
6. Critically examine the key theories of motivation in sports. How can these theories be applied to enhance athlete performance?
7. Explain the role of goal setting and feedback in maintaining motivation among athletes. What strategies make them effective?
8. What is attention in sports psychology? Describe its types and discuss how attention and concentration affect sports performance.
9. Analyse the theories of attentional focus and suggest techniques for improving concentration during competitive sports events.
10. Discuss the nature and impact of emotions, stress, and anxiety on athletic performance. What are the common causes of stress in sports?
11. Compare and contrast the Inverted-U Hypothesis and Catastrophe Theory. How do these theories explain the relationship between arousal and performance?
12. Describe various psychological techniques used to manage stress and anxiety in athletes. How effective are methods like mental rehearsal, relaxation, and positive self-talk?



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MODEL QUESTION PAPER

QUESTION CODE: A/PGDSP-002

SUBJECT CODE: PGDSP2

PSYCHOLOGICAL ASSESSMENT IN SPORTS

Time: 2 Hrs

Total Marks: 100

Answer ANY TEN questions

10 x 10 = 100

1. Define psychological assessment and explain its scope and importance in the field of sports. How does it differ from psychological testing?
2. What are the essential characteristics of a good psychological test? Discuss the ethical considerations involved in psychological assessment of athletes.
3. Classify the types of psychological tests used in sports. Compare standardized and non-standardized tests with suitable examples.
4. Differentiate between objective and projective tests. How are self-report inventories and rating scales useful in assessing athletes?
5. Explain the various psychological tests used for measuring personality, motivation, anxiety, and self-concept in sports contexts.
6. Discuss the key principles and protocols involved in the administration of psychological tests in sports. Why is standardization important?
7. How are psychological test scores interpreted in sports psychology? Highlight the influence of cultural and contextual factors in interpretation.
8. Explain the process of effectively communicating psychological assessment results to athletes and coaches. What are the best practices?
9. Describe commonly used psychological tools in sports, such as the 16-PF, Big Five Inventory, SCAT, CSAI-2, and SMS. Discuss their relevance.
10. What are attention and concentration tests, and how are they applied in sports psychology to assess athletic focus and mental toughness?
11. Elaborate on the use of case study methods in sports settings. How is psychological profiling used to enhance athletic performance?
12. Describe the structure and components of a psychological report for an athlete. What role does psychological assessment play in selection, counselling, and performance improvement?



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MODEL QUESTION PAPER

QUESTION CODE: A/PGDSP-003

SUBJECT CODE: PGDSP3

GROUP DYNAMICS AND TEAM COHESION

Time: 2 Hrs

Total Marks: 100

Answer ANY TEN questions

10 x 10 = 100

1. Define group dynamics and explain its significance in the context of sports teams. What are the various types of groups commonly found in sports settings?
2. Describe the stages of group formation. How do group norms and individual roles shape team behaviour and performance?
3. What are the key components of group structure in sports teams? Discuss how roles, norms, status, and communication contribute to effective team functioning.
4. Compare and contrast trait, behavioural, and situational leadership theories. How are these leadership models applied in sports teams?
5. Analyse the impact of different leadership styles on team performance. How does the coach-athlete relationship influence leadership effectiveness in sports?
6. Define team cohesion and distinguish between task cohesion and social cohesion. Why is cohesion critical for team success in sports?
7. Discuss the various factors that influence team cohesion. How do environmental, personal, team, and leadership variables interact to affect cohesion?
8. Explain the different models used to understand and measure team cohesion in sports. What tools or methods are commonly used?
9. Highlight the importance of communication in team functioning. Discuss the types of communication and the barriers that hinder effective communication in sports teams.
10. What are some techniques to enhance communication within a sports team? Explain the role of feedback in fostering cohesion and improving performance.
11. Identify the common sources of conflict in sports teams. How do different types of conflict affect group dynamics and team performance?
12. Describe the role of sports psychologists in improving group dynamics, managing conflicts, and enhancing overall team cohesion and morale through goal setting and team-building strategies.



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MODEL QUESTION PAPER

QUESTION CODE: A/PGDSP-004

SUBJECT CODE: PGDSP4

STRESS MANAGEMENT AND COPING STRATEGIES

Time: 2 Hrs

Total Marks: 100

Answer ANY TEN questions

10 x 10 = 100

1. Define stress in the context of sports and explain its nature. What are the major sources of stress that athletes commonly face?
2. Differentiate between eustress and distress. How do each of these types of stress influence athletic performance?
3. Discuss the physiological and psychological responses to stress. In what ways do these responses impact an athlete's performance during competition?
4. Compare and contrast the concepts of stress, anxiety, and arousal. How are they interrelated in a sports context?
5. Explain the types of anxiety in athletes. Evaluate the Inverted-U Theory and Catastrophe Model in relation to performance outcomes.
6. Critically analyse the Drive Theory and its relevance in understanding arousal and performance in sports.
7. Define coping and distinguish between problem-focused and emotion-focused coping strategies. In what situations is each more effective?
8. How do personality traits, gender, and athletic experience influence an individual's choice of coping mechanisms? Provide examples.
9. Describe and evaluate various relaxation techniques used by athletes to manage stress and anxiety. How do they enhance performance readiness?
10. Explain the use of cognitive techniques such as visualization, thought-stopping, and self-talk in reducing performance anxiety. How does mindfulness complement these strategies?
11. Discuss the importance of designing structured stress management programs in sports. What is the role of coaches and sports psychologists in implementing these programs?
12. Analyse a case study or create a hypothetical scenario to illustrate how effective coping and stress regulation strategies helped an elite athlete overcome a high-pressure situation.



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POST GRADUATE DIPLOMA IN SPORTS PSYCHOLOGY

MODEL QUESTION PAPER

QUESTION CODE: A/PGDSP-005

SUBJECT CODE: PGDSP5

COUNSELLING TECHNIQUES IN SPORTS PSYCHOLOGY

Time: 2 Hrs

Total Marks: 100

Answer ANY TEN questions

10 x 10 = 100

1. Define counselling in the context of sports. Discuss its nature, goals, and significance for athletes and teams.
2. Differentiate between counselling, guidance, and psychotherapy. Why is understanding these distinctions important in sports settings?
3. Discuss the ethical principles that should guide sports counselling. What qualities and roles define an effective sports counsellor?
4. Explain the person-centred approach to counselling developed by Carl Rogers. How can it be applied to athletes facing personal and performance challenges?
5. Describe the cognitive-behavioural approach (CBT) in counselling. How can CBT help athletes manage anxiety, fear of failure, and performance slumps?
6. What is Solution-Focused Brief Therapy (SFBT)? Discuss its relevance and practical application in addressing short-term issues in athletic populations.
7. Outline the key stages of the counselling process. How does effective rapport building influence the success of sports counselling?
8. Discuss the importance of communication skills in sports counselling. Describe how active listening, empathy, and questioning can enhance athlete-counsellor relationships.
9. Explain the role of non-verbal communication in counselling athletes. How does it influence the counselling environment and outcome?
10. Identify common performance-related and personal issues athletes face. How can sports counsellors address concerns like burnout, low confidence, or identity crisis?
11. Evaluate counselling techniques such as goal setting, mental imagery, and positive reinforcement in building motivation and resilience among athletes.
12. Describe the procedures involved in crisis counselling and referrals in sports settings. How can counsellors design athlete-specific plans using case studies or role-play strategies?