

Vidya Bhawan, Balika Vidyapith

Lakhisarai

Sub. Physical edu. , Class . 11th

BASED ON NCERT

Objective Type Questions (Marks Each)

Q.1. What is the meaning of 'Psyche'?

- (a) Soul
- (b) Behaviour
- (c) Environment
- (d) Science

Ans. (a) Soul

Q.2. What is not come under growth?

- (a) Increase in Height
- (b) Increase in Weight
- (c) Increase in size
- (d) Increase in obesity

Ans. (d) Increase in obesity

Q.3. What is the meaning of development.

- (a) Change in structure of body? organ
- (b) Change in size
- (c) Change in maturity
- (d) All of the above

Ans. (d) All of the above

Q.4. Adolescent age is—

- (a) 12 to 18 years
- (b) 13 to 18 years
- (c) 9 to 18 years
- (d) 10 to 18 years

Ans. (b) 13 to 18 years

Q.5. In the childhood, Individual's behaviour is most influenced by—

- (a) Community
- (b) School
- (c) Peer group
- (d) family

Ans. (d) family

Q.6. The cause of frustration among sports person is—

- (a) Result of own performance
- (b) Normally due to mismatched level of aspiration and ability
- (c) Result of good performance
- (d) Natural outcome of competitive sports

Ans. (b) Normally due to mismatched level of aspiration and ability

Q.7. How is psychology defined today?

- (a) The science of behaviour and mental processes
- (b) The science of human behaviour and mental processes
- (c) The science of mind
- (d) The study of motivation, emotion, personality, adjustment and abnormality

Ans.

Q.8. Who is regarded as the father of psychology?

- (a) Sigmund Freud
- (b) Ivan Pavlov
- (c) John B. Watson
- (d) Wilhelm Wundt

Ans. (d) Wilhelm Wundt

Q.9. When catching a ball, your hand knows when to grip because?

- (a) Your Parasympathetic nervous system is active
- (b) Alpha waves are being generated by your brain
- (c) Participating muscles receive efferent signals from the brain
- (d) Afferent signals inform your hand that the ball is about to make contact.

Ans. (d) Afferent signals inform your hand that the ball is about to make contact.

Short Answers Question for 3 Marks (60 Words)

Q.1 Mention the importance of sports psychology.

Ans. Improve performances - The Knowledge of sports psychology helps to improve performance and personality of players by scientific ways of modifying behavior.

2. Motivation and feedback - proper motivation and proper feedback enhances the performance of players. It gives counselling to players. This can be guided by sports psychology.
3. Better selection: The knowledge of sports psychology guides the coaches for better selection of players.

Q.2 Describe any two developmental characteristics of adolescence

Ans. Physical characteristics

- (i) Gain in height, weight and ossification of bones is almost complete
- (ii) Endurance is developed to a great extent
- (iii) Co-ordination of muscles reaches its peak.