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Psychology and Sports — CBSE Class 12 Physical Education Chapter Test

FREE CHAPTER TEST · CLASS XII · PHYSICAL EDUCATION (048) · PATTERN OF THE CBSE SAMPLE QUESTION PAPER 2026-27

TIME ALLOWED	MAXIMUM MARKS	QUESTIONS	NAME / ROLL NO.
1½ hours	35	17 (A 9 · B 3 · C 2 · D 1 · E 2)	

GENERAL INSTRUCTIONS

Read the following instructions very carefully and strictly follow them:

1. This question paper contains 17 questions. All questions are compulsory.
2. This question paper is divided into five sections: A, B, C, D and E.
3. Section A (Q1–9) contains multiple choice questions of 1 mark each, including assertion-reason and match-the-following questions.
4. Section B (Q10–12) contains very short answer questions of 2 marks each; answer in about 60–90 words.
5. Section C (Q13–14) contains short answer questions of 3 marks each; answer in about 100–150 words.
6. Section D (Q15) contains a case study based question of 4 marks, with four sub-parts of 1 mark each; an internal choice is given in the last sub-part.
7. Section E (Q16–17) contains long answer questions of 5 marks each; answer in about 200–300 words. Each has an internal choice: attempt only one of the alternatives.
8. Draw neat diagrams wherever required.
9. This chapter test follows the section structure, question types and marks per question of the CBSE Class XII Physical Education (048) Sample Question Paper 2026-27, at half the length of the 70-mark board paper: 35 marks in 1½ hours. (In the board paper you attempt any 5 of 6 questions in Section B, any 5 of 6 in Section C and any 3 of 4 in Section E; here every question is compulsory.)
10. The answer key and the marking scheme are at the end of this booklet. Attempt the paper in 1½ hours before you look at them.

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Chapter: Psychology and Sports · **Topics:** Personality: Jung's classification and the Big Five · Motivation: types and techniques · Exercise adherence · Aggression in sports · Self-esteem, mental imagery, self-talk and goal setting

SECTION A

This section comprises 9 multiple choice questions (MCQs) of 1 mark each, including assertion-reason and match-the-following questions.

1. Carl Jung classified personality into 1

(A) Type A and Type B
(B) introverts and extroverts
(C) endomorphs and ectomorphs
(D) open and closed types

2. Which of the following is NOT one of the Big Five personality traits? 1

(A) Openness
(B) Conscientiousness
(C) Neuroticism
(D) Ectomorphy

3. A player who keeps practising only for the joy of the game shows 1

(A) extrinsic motivation
(B) intrinsic motivation
(C) hostile aggression
(D) instrumental aggression

4. Angered by a foul, a boxer deliberately hits his opponent after the bell to hurt him. This is 1

(A) assertive behaviour
(B) instrumental aggression
(C) hostile aggression
(D) self-talk

5. In SMART goal setting, the letter S stands for 1

(A) Simple
(B) Specific
(C) Strong
(D) Social

6. In Jung's classification, a person who shows the traits of both introverts and extroverts is called 1

(A) an ambivert
(B) an ectomorph
(C) a neurotic
(D) an extrovert

7. Match the psychological attributes in List I with their meanings in List II. 1

List I	**List II**
A. Self-esteem	(i) Creating an experience in the mind
B. Self-talk	(ii) Commitment to a specific standard within a set time
C. Goal setting	(iii) Feeling of self-worth
D. Mental imagery	(iv) Inner dialogue giving oneself instructions and encouragement

Choose the correct option:

(A) A-(iii), B-(ii), C-(iv), D-(i)
(B) A-(iv), B-(iii), C-(ii), D-(i)
(C) A-(iii), B-(iv), C-(ii), D-(i)
(D) A-(i), B-(iv), C-(ii), D-(iii)

8. The Big Five trait that describes emotional stability, ranging from calm and composed to nervous and anxious, is 1

(A) Agreeableness
(B) Extraversion
(C) Openness
(D) Neuroticism

9. **Assertion (A):** Too many rewards and prizes can sometimes reduce a player's interest in a sport. 1
Reason (R): Over-dependence on external rewards shifts the focus from enjoyment to winning prizes and lowers intrinsic motivation.

(A) A is true, but R is false.

(B) A is false, but R is true.

(C) Both A and R are true and R is the correct explanation of A.

(D) Both A and R are true, but R is not the correct explanation of A.

SECTION B

This section comprises 3 very short answer questions of 2 marks each (answer in about 60–90 words).

10. Differentiate between intrinsic and extrinsic motivation, with one example of each. 2

11. State any two reasons why people take part in exercise. 2

12. How is assertive behaviour different from aggression in sports? 2

SECTION C

This section comprises 2 short answer questions of 3 marks each (answer in about 100–150 words).

13. Explain any three traits of the Big Five theory of personality. 3

14. Explain any three strategies for enhancing exercise adherence. 3

SECTION D

This section comprises 1 case study based question of 4 marks, with four sub-parts of 1 mark each.

15. Before a penalty shoot-out in a school final, goalkeeper Riya feels nervous. Her coach tells her to keep saying to herself, "Watch the ball, stay calm", to picture herself diving and saving, and to set a target of saving two penalties out of five.

(i) Name the technique of repeating "Watch the ball, stay calm". [1]

(ii) Name the technique of picturing herself diving and saving. [1]

(iii) In SMART goal setting, what does the letter M stand for? [1]

(iv) What is self-esteem? [1]

OR

(iv) Give one technique a coach can use to motivate players. [1]

SECTION E

This section comprises 2 long answer questions of 5 marks each (answer in about 200–300 words).

16. (a) Define personality. Explain Jung's classification of personality and the Big Five theory. 5

OR

(b) Define motivation. Explain its types and any three techniques of motivation.

17. (a) What is aggression? Explain its types with examples from sports. 5

OR

(b) Explain self-esteem, mental imagery, self-talk and goal setting as psychological attributes in sports.

END OF THE QUESTION PAPER

ANSWER KEY — SECTION A

Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9
(B)	(D)	(B)	(C)	(B)	(A)	(C)	(D)	(C)

MARKING SCHEME AND WORKED SOLUTIONS

Marks for each step are shown in brackets, as in the CBSE marking scheme. Any correct alternative method earns full marks.

Q1. Answer (B). Jung's attitude types are introvert and extrovert (the term ambivert came later).

Q2. Answer (D). The Big Five (OCEAN): openness, conscientiousness, extraversion, agreeableness, neuroticism. Ectomorphy is a body type.

Q3. Answer (B). Intrinsic motivation comes from fun, joy or inner satisfaction; extrinsic from rewards, trophies or praise.

Q4. Answer (C). Hostile (reactive) aggression is an unplanned, emotional response to a provocation, aimed at harm.

Q5. Answer (B). SMART: Specific, Measurable, Action-oriented (Attainable), Realistic, Timely.

Q6. Answer (A). Most people are ambiverts, with qualities of both introverts and extroverts.

Q7. Answer (C). Self-esteem — self-worth (iii); self-talk — inner dialogue (iv); goal setting — commitment to a standard in a set time (ii); imagery — experience in the mind (i).

Q8. Answer (D). Neuroticism: composed v. nervous.

Q9. Answer (C). R gives the reason for A. Option (c).

Q10. (2 marks) Answer: inner satisfaction v. external reward.
Intrinsic: the drive to act for fun, joy or inner satisfaction — for example playing football because one loves the game. [1]
Extrinsic: the drive to act for an external reward — trophy, money, promotion or praise — for example training hard to win a cash prize or a scholarship. [1]

Q11. (2 marks) Answer: for example reduced risk of disease and socialisation.
Any two [1 + 1]: to overcome social physique anxiety (to look and feel better); to reduce the risk of disease; for recreation and enjoyment; for mental relaxation and stress relief; for socialisation (meeting friends).

Q12. (2 marks) Answer: aggression aims to harm; assertion is forceful play within the rules without intent to harm.
Aggression is behaviour aimed at causing physical or psychological harm to another. [1]
Assertive behaviour is a positive, forceful but legitimate effort within the rules, with respect for the opponent and no intention to harm — for example a hard but fair tackle to win the ball. [1]

Q13. (3 marks) Answer: any three of OCEAN, each with its two ends.
Any three, 1 mark each: **Openness** - imaginative, curious, creative, open to ideas v. closed and rigid; **Conscientiousness** - organised, careful, responsible, hardworking v. easy-going and careless; **Extraversion** - enthusiastic, energetic, talkative, assertive v. reserved and cautious; **Agreeableness** - friendly, good-natured, cooperative, trusting v. suspicious and uncooperative; **Neuroticism** - calm and composed v. nervous, anxious and excitable (emotional stability).

Q14. (3 marks) Answer: for example goal setting, variety and social support.
Any three, 1 mark each: **goal setting** - realistic, specific goals; **variety** - different activities to avoid boredom; **social support** - exercising with family or friends; **contract** - a written commitment; **reinforcement** - rewards for regular exercise; **feedback** on progress; **process orientation** - enjoying the activity itself; **problem solving** of barriers; **health risk appraisal and health education**.

Q15. (4 marks) Answer: (i) self-talk; (ii) mental imagery; (iii) Measurable; (iv) feeling of self-worth, or goal setting.
(i) Self-talk (positive self-talk). [1]
(ii) Mental imagery. [1]
(iii) Measurable. [1]
(iv) The degree to which a person sees the qualities of his or her self-concept as positive: one's feeling of self-worth. [1]
OR (iv) Any one: goal setting; valuable feedback; fun-based training; individual training programmes; incentives and rewards; a supportive environment. [1]

Q16. (5 marks) Answer: definition; introvert-extrovert; OCEAN.
Personality is the relatively stable and unique pattern of behaviour, thoughts and feelings of an individual. [1]
Jung's classification [2]: *introverts* - reflective, reserved, prefer solitary activities; *extroverts* - outgoing, social, active; (the later term ambivert describes people with both features).
Big Five [2]: openness, conscientiousness, extraversion, agreeableness and neuroticism, each explained between its two ends.
OR Motivation is the direction and intensity of effort — the process that inspires and guides a person to act. [1] Types [2]: **intrinsic** - for joy and inner satisfaction; **extrinsic** - for rewards, trophies, money or praise. Techniques, any three [2]: goal setting; valuable feedback; fun-based training; individualised training programmes; guided discovery; incentives and rewards; a supportive social environment.

Q17. (5 marks) Answer: behaviour aimed at harm; hostile, instrumental; assertive behaviour.
Aggression is behaviour aimed at causing physical or psychological harm to another. [1]
Hostile (reactive) aggression [1½]: an unplanned, emotional response to a perceived threat or insult, aimed at harm — for example hitting a player who fouled you.
Instrumental aggression [1½]: harmful behaviour without provocation, used as a means to an outcome — for example deliberately injuring a key opponent to win.
Assertive behaviour [1]: forceful, legitimate play within the rules with respect for the opponent and no intent to harm — for example a hard, fair tackle.
OR Self-esteem [1]: how positively one sees the qualities of one's self-concept — self-worth. **Mental imagery** [1½]: using the senses to create or recreate an experience in the mind, to rehearse skills and control anxiety. **Self-talk** [1]: an inner dialogue by which the athlete gives himself instructions and encouragement (technique cues, effort words, mood words).
Goal setting [1½]: committing to a specific standard of performance within a set time; goals should be SMART — specific, measurable, action-oriented, realistic, timely.

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