

S. No. 2018

Roll No.....

**Master of Physical Education
M.P.Ed./Semester-II-May -2016
Paper-MPE-0804(iii): Subject Specialization
(Exercise & Sports Psychology)**

Time: 3 Hours

Maximum Marks: 50

(Write your Roll No. on the top immediately on receipt of this question paper)

Note: Attempt any five questions. All questions carry equal marks

- Q1. Discuss the concept of personality in terms of various theories of personality. (10)
- Q2. Write a note on personality traits of elite athlete. (10)
- Q3. Discuss neuro-physiological basis of anxiety & arousal in sports. (10)
- Q4. Discuss the following theories of Anxiety & Arousal: (5x2=10)
- (i) Inverted U Theory.
 - (ii) Fazez & Hardy's catastrophe theory.
- Q5. Discuss the meaning & concept of psychological skills. Also discuss implications of various psychological skills in sports. (10)
- Q6. Elaborate the following theories of Aggression: (05 + 05)
- a) Social Learning Theory
 - b) Frustration-Aggression Theory
- Q7. Discuss the principles of mental health. Also discuss the importance of counseling to deal with mental problems. (10)
- Q8. Write briefly on any two of the following: (10)
- (a) Anxiety Management.
 - (b) Audience effect on sports performance
 - (c) Concept self-concept & self-efficacy
 - (d) Counseling Process