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MASTER OF PHYSICAL EDUCATION (M.P.Ed.) SEMESTER - II, May - 2017

Paper - MPE-0804 (iii): SUBJECT SPECIALIZATION (EXERCISE AND SPORTS PSYCHOLOGY)

1) Psycho-analysis Theory 2. Identify & discuss personality traits of elite athletes. (1) 3. Explain neurophysiological basis of anxiety & arousal. (1) 4. Explain the following theories of anxiety & arousal: i) Drive Theory ii) Apter's Reversal Theory 5. Explain the following psychological skill: i) Attention & concentration ii) Imagery 6. Discuss the mental health perspective of athletes. Also discuss principles of mhealth. (10) 7. Explain any two theories of aggression & discuss their implication in sports. (10)	ime	_{e: 03} Hours. Maximum Ma	rks: 50
1. Discuss the following theories of Personality:- i) Trait Theory ii) Psycho-analysis Theory 2. Identify & discuss personality traits of elite athletes. (1) 3. Explain neurophysiological basis of anxiety & arousal. (1) 4. Explain the following theories of anxiety & arousal:- i) Drive Theory ii) Apter's Reversal Theory 5. Explain the following psychological skill:- i) Attention & concentration ii) Imagery 6. Discuss the mental health perspective of athletes. Also discuss principles of m health. (10) 7. Explain any two theories of aggression & discuss their implication in sports. (10) 8. Write briefly on any two of the following:- (5x) i) Individual difference in aggression ii) Social learning theory of personality	Vrit	_{ite your} Roll No. on the top right side immediately on receipt of this question paper)
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i) Individual difference in aggression Social learning theory of personality	7.	Explain any two theories of aggression & discuss their implication in sports.	(10)
Social learning theory of personality	8.	Write briefly on any two of the following:-	(5x2)
		Social learning theory of personality	