

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER- IV - 2017
Paper: MPE-1002
(Fundamentals of Sports Psychology)**

Time: 03 Hours.

Maximum Marks: 50

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

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

1. Define Sports Psychology. Explain in detail the characteristics of Sports Psychology. (10)
2. Explain concept of sports perception. Explain determining factors of sports perception in competition. (10)
3. Explain the detail the concept of motor development and motor learning since childhood. (10)
4. Define psychological skill training. Explain in detail the importance of positive self-talk training in sports performance. (10)
5. Define sports personality. Explain the modern prospective theory of personality in detail. (10)
6. Define sports anxiety. Explain in detail the types of sports anxiety. (10)
7. Define motivation. Briefly explain the different theories of motivation in relation to sports performance. (10)
8. Write short notes on any two of the following:- (10)
 - a) Dynamics of personality (05)
 - b) Types spectators (05)
 - c) Team cohesion and sports performance. (05)