

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

**Paper - MPE-0804 (iii) : SUBJECT SPECIALIZATION
(EXERCISE AND 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. Discuss the following theories of Personality:- (5x2)
 - i) Trait Theory
 - ii) Psycho-analysis Theory
2. Identify & discuss personality traits of elite athletes. (10)
3. Explain neurophysiological basis of anxiety & arousal. (10)
4. Explain the following theories of anxiety & arousal:- (5x2)
 - i) Drive Theory
 - ii) Apter's Reversal Theory
5. Explain the following psychological skill:- (5x2)
 - i) Attention & concentration
 - ii) Imagery
6. Discuss the mental health perspective of athletes. Also discuss principles of mental health. (10)
7. Explain any two theories of aggression & discuss their implication in sports. (10)
8. Write briefly on any two of the following:- (5x2)
 - i) Individual difference in aggression
 - ii) Social learning theory of personality
 - iii) Anxiety Management.