

Serial No. 1154(iii)

Roll No.....

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-II-2018**

**Paper: MPE-804 (iii): Subject Specialization
Exercise & Sports Psychology**

Time: 3 Hrs.

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 question carry equal marks.

- Q.1. Define & discuss the concept of personality. Also discuss on personality traits of elite athletes. 10
- Q.2. Discuss the following theories of personality: (5x2=10)
(a) Trait or Psycho-analysis
(b) Social Learning of Humanistic theory
- Q.3. Discuss neuro-physiological basis of anxiety & arousal. 10
- Q.4. Discuss the following theories of anxiety & arousal: (5x2=10)
(a) Inverted U or Apter's Reversal Theory
(b) Drive or Fazy & Hardy's Catastrophe
- Q.5. Write short notes on the following: (5x2=10)
(a) Attention & Concentration
(b) Mental Imagery
- Q.6. Discuss the concept & theories of affiliation. 10
- Q.7. What is mental Health? Discuss principles of mental health. 10
- Q.8. Write short notes on any two of the following: (5x2=10)
(a) Concept of self-esteem, self-concept & self-efficacy
(b) Concept of counseling
(c) Individual differences in aggression
(d) Effect of anxiety & arousal on performance