

Serial No. 3154(iii)

Roll No.....

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

**Paper: MPE-1004(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. When are psych-up strategies effective? Explain about psych-up strategies. 10
- Q.2. Write a short note on any two: (5X2=10)
- (a) Psychological skill training
 - (b) Progressive relaxation techniques
 - (c) Meditation
- Q.3. Name & describe three cognitive intervention programs that utilize both imagery and relaxation. 10
- Q.4. Explain the strategies to be used to increase the self-confidence in athletes. 10
- Q.5. What is Eustress? Explain various strategies to handle stress. 10
- Q.6. Explain different types of goal. Which types of goal are preferred most for enhancing performance. Give example of each goal. 10
- Q.7. Briefly explain the relaxation procedures which are used to regulate arousal. 10
- Q.8. Explain the methods to develop self-confidence in athletes. 10