

Your Roll No.....

Name of the course : Master of Physical Education (M. P. Ed.)
Paper No. : MPE-0704(III)
Name of the paper : Subject Specialization: EXERCISE AND SPORTS PSYCHOLOGY
Semester : I-December-2024

Duration: 3 Hours

Maximum Marks: 50 Marks

Instructions for students

- Write your Roll No. on the top right side immediately on the receipt of this question paper)
- Attempt any five questions. All questions carry equal marks.

- Q.1. Trace the key milestones in the development of exercise and sport psychology.
- Q2. Discuss the significance of sport psychology for various stakeholders in sports, such as coaches and sportspersons.
- Q.3. Describe the various types of learning and their applications in sports training. Provide examples to illustrate their impact on athlete behavior and performance.
- Q.4 Explain Trial and Error theory in detail along with its practical implication in sports.
- Q.5. Explain various stages of growth and development and its importance in learning.
- Q.6. Define motivation. Explain any two theories of motivation.
- Q.7. Explain thinking and memory. Discuss various types of thinking and memory.
- Q.8. Write Short notes on any two of the following:
- a. Factors affecting Learning
 - b. Factors affecting Perception in Physical Activity
 - c. Sports Psychology for administrators