

Name of the course : Master of Physical Education (M. P. Ed.)
Semester : II-May/June-2024
Name of the Subject : Physical Education
Name of the paper : Subject Specilization-804 (iii) Exercise & Sports Psychology

Duration: 3 Hours

Maximum Marks: 50 Marks

Instruction for Candidates

1. Attempt any five questions.
2. All questions carry equal marks.

Q1. Mohan has been diagnosed extremely introvert. Explain how psychoanalytic, behaviourists and cognitive theorists would explain how this personality has developed? Justify your answer.

Q2. Do you think personality is mostly stable or unstable across lifetime? Provide real worlds examples to support your position.

Q3. How might you tailor coaching strategies to individuals having different source of stress.

Q4. You are going to play final match and some of your players are hyperactive. What kind of strategies would you use to get your players ready for the competition?

Q5. While preparing an athlete for the competition, prepare a goal setting chart for fifteen days mentioning the process goal and the outcome goal for learning advance skills from game of your choice.

Q6. How does imagery work?

Q7. Explain social learning theory of aggression.

Q8. Write short note on the following:

1. Vividness and controllability
2. Audience effect

