

Name of the course : M. P. Ed. Part-II,  
Semester : IV (May/June 2024)  
Name of the paper : MPE-1002-Fundamental of Sports Psychology

Duration: 3 Hours

Maximum Marks:50 Marks

Instruction for Candidates:

- (a) Attempt any five questions
- (b) All questions carry equal marks

- Q1. Define sports psychology. Explain in detail the scope of sports psychology. 10
- Q2. Discuss – ‘ The sports psychology is a science.’ 10
- Q3. Explain in details the stages of sensory perceptual process in sports. 10
- Q4. Explain in detail the gradual motor development and learning process. 10
- Q5. Define the personality. Explain the trait and humanistic theory of personality. 10
- Q6. Define the sports anxiety. Explain in detail the anxiety and arousal in sports. 10
- Q7. Define the sports motivation. Explain in detail the various types of motivation in sports. 10
- Q8. Attempt any two of the following - 5+5
- a. Psychological preparation for competition
  - b. Eysenck personality questionnaire- short form.
  - c. Facilitation and debilitative effects of spectators.

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