

Name of the course : M. P. Ed. Part-II

Semester : Semester- IV (May/June 2024)

Name of the paper : Subject Specialization-MPE-1004(iii) Exercise and Sports Psychology

Duration: 3 Hours

Maximum Marks: 50 Marks

Instruction for Candidates:

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

- Q1. Enlist the psychological skills. Explain the goal setting and fan support in detail. 10
- Q2. Define the concept of meditation. Explain important types of meditation in detail. 10
- Q3. Differentiate between visualization and imagery techniques used in sports with examples. 10
- Q4. Define self-confidence. Explain, how to develop the self-confidence? 10
- Q5. How to measure sports motivation? Explain in detail with examples. 10
- Q6. Explain in detail the relationship among the stress, anxiety and arousal. 10
- Q7. Explain in detail the concept of psychological profile and tests be included in the profile. 10
- Q8. Write short notes on any two of the following: 5+5
- a. Psychological equipment
  - b. Grid concentration test
  - c. Trait versus state measures

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