

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 : 1-December-2025  
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.

**Q1. Define sport psychology. Discuss its meaning, scope, and its position in the hierarchy of sports sciences. (10)**

**Q2. Explain the importance of sport psychology for teachers, coaches, sportspersons, and administrators with suitable examples. (10)**

**Q3. Explain the concept and types of learning. How are classical and operant conditioning used in teaching motor skills in sports? (10)**

**Q4. Describe biofeedback and augmented feedback. Explain how feedback contributes to motor-skill acquisition. (10)**

**Q5. Discuss the concept of growth and development. Explain the genetic and environmental influences on these processes. (10)**

**Q6. Explain the physical, mental, social, and emotional characteristics of adolescents and their implications for sports training. (10)**

**Q7. What is motivation? Discuss the internal and external process theories of motivation with suitable sports examples. (10)**

**Q8. Explain the meaning and mechanism of action regulation. Describe its classification and stages with reference to sport performance. (10)**