

Name of the Course : Master of Physical Education (M.P.Ed.)
Semester : II (May/June 2025)
Name of the Paper : MPE 0804 (III) Subject Specialization- Exercise and Sports Psychology
Duration : 03 Hours
Maximum Marks : 50

Instructions for Candidate

Attempt any five questions. All questions carry equal marks.

- Q.1. How do personality traits influence performance? Explain
- Q.2. What are the different types of emotions, and how do they impact human behavior?
- Q.3. Discuss two theories explaining the relationship between arousal and performance?
- Q.4. What is aggression? Explain any one questionnaire to assess sports aggression.
- Q.5. What are some common techniques for managing anxiety? Discuss
- Q.6. Suggest various strategies to improve concentration among players.
- Q.7. Discuss the importance of counseling in supporting the mental health of athletes.
- Q.8. Write Short notes on any two of the following:
- a. Benefits of PST
 - b. Self-efficacy
 - c. Social-facilitation theory