

Roll No.....

Name of the Course : Master of Physical Education (M.P.Ed.)
Paper No. : MPE-0904(III)
Name of the Paper : Subject Specialization: Exercise and Sports
Psychology
Semester : III (December 2025)
Duration : 03 Hours
Maximum Marks : 50

Instructions for Candidates

1. Write your Roll No. on the top immediately on receipt of this question paper.
2. Question paper consists of eight questions. Attempt any five questions.
3. All questions carry 10 marks each.

Q1. Differentiate between trait and state measures. Explain general and sports specific measures. Briefly describe any one sports specific measure that helps in assessing competitive anxiety. (10)

Q2. Explain the steps required for constructing and standardizing a sports psychological test. (10)

Q3. Explain Reliability. Discuss various types of reliability with suitable example from sports psychology. (10)

Q4. Explain Sports motivation Scale. Provide five data and analyze the data in detail. (10)

Q5. How will you measure Incentive motivation through a standardized questionnaire? Provide five data and analyze the data in detail. (10)

Q6. Develop a psychological skills profile of five players using a standardized questionnaire. (10)

Q7. What are the factors affecting reliability and validity? Explain. (10)

Q8. Write short notes on any two of the following: (5 + 5)

- a) Objectivity
- b) Qualitative versus Quantitative measures.
- c) Depth perception Apparatus