

Name of Examination:- Master of Physical Education (M.P.E.d)
Subject:- . Subject specialization (Exercise and Sports Psychology)
Name of the Paper:- MPE-1004 (iii) Psychological Techniques for
Performance-Enhancement
Semester:- IV (May/June 2025)
Maximum marks:- 50
Time:- 3 hours

(Write your Roll No. on the top right side immediately on the receipt of this question paper.)

NOTE: Attempt any five questions. All questions carry equal marks.

- Q1. Explain the concept of Psyching up and psyching down with their suitable techniques.
- Q2. Write an essay on PST
- Q3. Briefly write about the attitudinal training.
- Q4. An elite athlete needs to practice mental imagery to learn new skill. Prepare a draft for an athlete for learning a advance skill of your choice highlighting the basic action concept (BAC)
- Q5. Prepare five session intervention programme for developing confidence among players?
- Q6. While preparing athletes during preparatory phase how development of psychological skill can be incorporated in training of a beginner athlete, considering your game of specialization.
- Q7. Write an essay on the relationship among anxiety and arousal.
- Q8. While preparing athlete for skill acquisition suggest the process goal and outcome goal required to be set for one month training.