

NAME OF THE COURSE : MASTER OF PHYSICAL EDUCATION (M.P.Ed.)
NAME OF THE PAPER : SUBJECT SPECIALIZATION: EXERCISE & SPORT
PSYCHOLOGY
PAPER CODE : MPE 0804(III)
SEMESTER : II-May 2026
DURATION : 3 Hours
MAXIMUM MARKS : 50

Instructions for the Candidate:

Attempt any five questions in total. All questions carry equal marks.

Q1. Define personality. Explain major personality theories (trait, psychoanalytic, biological, and social learning) in the context of sports.

Q2. Explain the concept of emotions. Describe the neurophysiological basis of anxiety and arousal in sports.

Q3. Critically explain any two of the following theories of anxiety and arousal:

- a) Inverted-U Theory
- b) Drive Theory
- c) Catastrophe Model (Fazey & Hardy)
- d) Reversal Theory (Apter)

Q4. Define psychological skills. Explain the role of attention, concentration, confidence, and imagery in enhancing sports performance.

Q5. Discuss anxiety management techniques and the importance of psychological independence in athletes.

Q6. Explain the concept of affiliation. Discuss social isolation and its effects on athletes.

Q7. Define self-efficacy, self-esteem, and self-concept. Explain their role in sports performance.

Q8. What is social facilitation? Discuss audience effect and home ground advantage in sports.