

Name of the Course:
Name of the Paper:
Semester :
Duration :
Maximum marks:

Master of Physical Education (M.P.Ed)
MPE -1002: Fundamentals of Sport Psychology
IV-May 2026
3 Hours
50

Instructions for Candidates

- Write your Roll No. on the top immediately on receipt of this question paper.
- Attempt any five questions. All questions carry equal marks.

1. Define Sport Psychology. List four reasons why Sport Psychology is important for modern-day coaches.

2. Explain the Sensory Perceptual Process in detail.

3. How do psychological skills influence sports performance? Specifically discuss the roles of Attention, Concentration, Confidence, and Imagery in an athlete's success.

4. Briefly explain the "Dynamics of Personality" in the sports environment.

5. Discuss the different types of anxiety and their specific effects on an athlete's physical performance during competition.

6. What is Motivation? Compare the Drive and Need in motivation as they apply to sports participation.

7. Discuss the various psychological techniques used by athletes to prepare for high-stakes competitions.

8. "A team of champions does not always make a champion team." Discuss this statement with reference to Team (Group) Cohesion and its impact on performance.