

Name of the Course	: Master of Physical Education (M.P.Ed.)
Name of the Paper	: Subject Specialization: Exercise and Sports Psychology
Paper Code	: MPE-1004 (iii)
Semester	: IV (May/June 2026)
Duration	: 3 Hours
Maximum Marks	: 50 Marks

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**.

1. Discuss various psyching strategies used in sports. Elaborate on goal setting, pep talk, bulletin board, fan support, self-activation, and pre-competition workout, highlighting their role in improving performance. (10)
2. Discuss four basic ways in which goal setting can affect performance in sports. Explain the acronym "SMARTER" and common problems in goal setting. (10)
3. Explain the components of psychological preparation in sports. Discuss in detail activation techniques and short-term psychological training and their role in enhancing performance. (10)
4. What is psychological skill training? Elaborate on the placebo effect and different forms of meditation (yogic and Zen) as important components of psychological preparation in sports. (10)
5. Explain the concept of cognitive training in sports. Discuss in detail the role of visualization and imagery in enhancing athletic performance with suitable examples. (10)
6. Explain the concept of motivation in sports. Discuss sports attributions, interest, and aptitude, and analyze their role in improving the level of motivation among athletes. (10)
7. Explain the relationship among stress, anxiety, and arousal in sports. Discuss how these factors influence athletic performance with suitable examples. (10)
8. Write Short notes on any two of the following: (5 + 5)
 - a) Two relaxation strategies
 - b) Basic types of goals
 - c) Common Pitfalls in Goal Setting