

MASTER OF PHYSICAL EDUCATION

M.P.Ed. Sem. IV, May / June 2020-21

PAPER MPE – 1004 (iii)

SUBJECT SPECIALIZATION: EXERCISE AND SPORTS PSYCHOLOGY

Instruction for students:

- a) Attempt any **FOUR QUESTIONS**. All question carry equal marks.
- b) The duration of question paper is of **4 hours duration** out of which the student is provided with **3 hours for answering** the question paper and **1 hour** is given for downloading the question paper, scanning the answer sheet in PDF format and uploading the scanned PDF of the answer sheet on the portal.

Maximum Marks: 50

Q.1. Explain various types of goals and their effectiveness. Discuss the reasons the goal setting has upon the improved performance.

Q.2. Explain the process of Attention control training.

Q.3. Explain Team energizing strategies and self – energizing strategies in sports.

Q.4. Describe the term Imagery. Explain the factors affecting the effectiveness of Imagery.

Q.5. What is self – confidence? How will you build self – confidence of a player?

Q.6. Describe Psychological Skills training and its importance in sports. Explain the myths that surround the use of psychological techniques to optimize performance.