

**OPEN BOOK EXAMINATION SCHEME-2020
MASTER OF PHYSICAL EDUCATION
M.P.Ed. Sem.- I, MARCH,-2021**

PAPER MPE -0704 (iii)

EXERCISE AND SPORTS PSYCHOLOGY

Instruction for students:-

- a) Attempt any **FOUR QUESTIONS**. All questions 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 Discuss the development of sports psychology as a specialization branch of psychology. Also discuss the importance of sports psychology for coaches & athletes.
- Q. 2 Write about different types of learning. Discuss any two theories of learning.
- Q.3 Discuss the process of motor-skill acquisition and also discuss factors affecting it.
- Q.4 What is the concept of growth & development? Elaborate physical, mental, social and emotional characteristics of children and adolescents
- Q.5 Discuss various theories of motivation based on internal & external processes of human behavior.
- Q.6 Discuss the concept of perception. Also discuss steps of perceptual process.