

MASTER OF PHYSICAL EDUCATION
M.P.Ed. Sem. I. 2022
PAPER MPE – 0704 (iii)
SUBJECT SPECIALIZATION: EXERCISE AND SPORTS PSYCHOLOGY

Duration: (3 Hrs + 1* Hrs)

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 Discuss the meaning and scope of sports psychology. Explain various divisions of sports psychology.

Q.2.Explain the concept and meaning of learning. Discuss any two theories of learning.

Q.3. Explain the meaning and concept of motivation and achievement motivation in sports. Discuss any two theories of motivation with suitable examples from sports.

Q.4. Distinguish between growth and development. Explain the physical and mental characteristics in different stages of growth and development.

Q.5. Explain the meaning and concept of sensory, perceptual and cognitive processes. Explain the factors affecting perception with special reference to physical activity.

Q.6. Discuss the meaning and concept of thinking, imagination and memory. Explain Action regulation process.