

Serial No. 4053 (iii)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER - IV - 2017  
Paper - MPE-1004 (iii) : SUBJECT SPECIALIZATION  
(EXERCISE AND SPORTS PSYCHOLOGY)**

Time: 03 Hours.

Maximum Marks: 50

(Write your Roll No. on the top right side immediately on receipt of this question paper)

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. What is a Goal? Explain Principles of Goal Settings. (10)
2. Explain the myths associated with Psychological Skills Training. (10)
3. Explain the uses of Imagery in detail. (10)
4. Explain the ways to build self confidence in detail. (10)
5. Explain various parts of concentration in sport and exercise settings. (10)
6. What is Autogenic Training? Explain the procedure for inducing autogenic training. (10)
7. What is meditation? Explain the procedure of meditation. (10)
8. Write short notes on any two of the following:- (5+5)
  - a) Anxiety
  - b) Stress Inoculation Training
  - c) Bulletin Board and Fan Support.