

M.P.Ed. Examination, 2017

Semester-IV

Physical Education

Course – MPCC–402

(Sports Psychology)

Time – 3 Hours

Full Marks- 70

Questions are of value as indicated in the margin.

Answer one question from each unit.

Unit I

1. Write the meaning of 'Sports Psychology' and highlight the developments of sports psychology in India and Abroad. 6+8 = 14

Or

What is human personality? Enlist the personality traits and explain any one measuring pattern of personality trait. 4+5+5 = 14

Unit II

2. Explain motivation by its types and importance of achievement motivation. 4+5+5 = 14

Or

Explain stress. Enlist different types of stressors affecting sports performance. 4+10 = 14

Unit III

3. Describe Goal setting with its importance in physical education and sports. 7+7 = 14

OR

What are Psychological tests? Explain any one psychological test. 4+10 = 14

Unit IV

4. What is Sports socialization and how can the national integration be developed through sports? 7+7 = 14

Or

What is leadership and how can leadership be developed through sports? 4+10 = 14

Unit V

5. Explain Group dynamics in sports with relevant examples. 7+7 = 14

Or

Explain women's contribution in sports with relevant examples. 14
