

M.P.Ed. Examination, 2015
Semester-II
Physical Education
Paper – MPED-122
(Exercise & Sports Psychology-II)

Time: 3 Hours

Full Marks: 40

Questions are of value as indicated in the margin.

Answer *one* question from each unit.

Unit-I

1. Explain types of personality with examples from sports. 4+4=8

or

Explain Anxiety in relation to sports. 8

Unit-II

2. Elaborate learning with examples from sports. 8

or

Elaborate Motor learning types with examples from sports. 4+4=8

Unit-III

3. Discuss action regulation in sports. 8

or

Discuss the movement pattern in sports. 8

Unit-IV

4. Describe the Mental training techniques used in sports. 8

or

Describe the train and body activation techniques used in sports. 8

Unit-V

5. List the relaxation techniques and explain any one of them. 2+6=8

or

List the causes of Burnouts in sports and explain any one of them. 2+6=8
