

M.P.Ed. Examination, 2018
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. Define Sports Psychology and Explain the need and importance of Psychology in Sports and Physical Education? 4+10=14

Or

Define learning and Explain the Motor learning and factors involved in developing Motor skills for sports development. 4+10=14

Unit II

2. Define Anxiety and explain anxiety in sports performance. 4+10=14

Or

Define stress and explain handling of stress in sports. 14

Unit III

3. Describe relaxation and its types. 14

Or

What are psychological tests? Explain any one psychological test in detail 4+10=14

Unit IV

4. Explain importance of Spectators in sports. 14

Or

Explain types of leadership in sports. 14

Unit V

5. Explain Group Cohesion and its advantages in sports 4+10=14

Or

Elaborate Indian Women participation at International Sports Competition. 14
