

**M. Phil (Physical Education) : SUMMER - 2019**  
**SUBJECT – ELECTIVE: SPORTS PSYCHOLOGY**

Day: **Saturday**  
Date: **20/04/2019**

**S-2019-0766**

Time: **10.00 A.M. TO 01.00 P.M.**  
Max. Marks: **100**

---

**N.B.:**

- 1) Attempt any four questions from **Q1** to **Q6**.
  - 2) **Q.No.7 is COMPULSORY.**
  - 3) Figures to the right indicate **FULL** marks.
- 

- Q.1** Write about development of sports psychology in detail. **(20)**
- Q.2** Elaborate Play and theories of Play **(20)**
- Q.3** Write about women participation in Sports **(20)**
- Q.4** Define Aggression and also elaborate the importance of aggression in Sports **(20)**
- Q.5** Explain personality and its types. How heredity and environment responsible for personality development **(20)**
- Q.6** Write about theories of Motivation in detail.
- Q.7** Write short notes (**Any 4**) **(20)**
- a) Learning
  - b) Group Cohesion
  - c) Sports Audience and its effect
  - d) Autogenic Training
  - e) Motivation and its types
  - f) Activation

\* \* \* \* \*