

M. PHIL (PHYSICAL EDUCATION) : SUMMER - 2018

Subject : Elective 2) Sports Psychology

Day: Friday

Time : 02.00PM TO 05.00PM

Date : 13/04/2018

S-2018-0616

Max. Marks : 100

N.B.:

- 1) Attempt **ANY FOUR** questions from Q. 1 to Q. No. 6
- 2) Q. No. 7 is **COMPULSORY**.
- 3) Figures to the right indicate **FULL** marks.
- 4) All questions carry **EQUAL** marks.

Q.1	Define sports psychology. Write about the development of sports psychology	[20]
Q.2	What is personality? Write about different types of personality	[20]
Q.3	Write about participation of women in games and sports in context with the problem and difficulties	[20]
Q.4	What is Aggression? What is the importance of aggression in physical education and Sports	[20]
Q.5	What is Motivation? How motivation helps to enhance the sports performance.	[20]
Q.6	What is play? Write any three theories of play	[20]
Q.7	Write short notes on ANY FOUR of the following	[20]
	A) Types of Group Cohesion	
	B) Sports and leadership	
	C) Autogenic training	
	D) Post Competition anxiety	
	E) Psychodynamic approach	
	F) Public & Sports performance	

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