



QP CODE: 24802864



24802864

Reg No :

Name :

M.P.E.S DEGREE EXAMINATION, MAY 2024
Third Semester
MASTER OF PHYSICAL EDUCATION AND SPORTS
Elective - PE800301 - SPORTS PSYCHOLOGY
2020 Admission Onwards
F6C0AD34

Time: 3 Hours

Weightage: 30

Part A (Short Answer Questions)

*Answer any **eight** questions.*

Weight 1 each.

1. What is the nature of sports psychology?
2. How to set your goals sport?
3. Illustrate how imagery can be used to reveal aspects of a character's personality.
4. Discuss the concept of motor learning curves and their significance in skill development.
5. How does the Big Five personality model apply to athletes' characteristics?
6. Explain the concept of "constitutional psychology" as proposed by Sheldon.
7. What are the potential drawbacks of relying solely on extrinsic rewards?
8. Explain the importance of setting challenging goals in sports performance.
9. Elucidate the Difference between a group and a team.
10. What role does communication play in leadership effectiveness?

(8×1=8 weightage)

Part B (Short Essay/Problems)

*Answer any **six** questions.*

Weight 2 each.

11. Analyze the influence of coaching styles on athletes' emotions and performance. How can coaches create a positive and motivating environment that enhances athletes' self-confidence and reduces performance anxiety?





12. Analyze the use of mental imagery and visualization in arousal regulation. How can athletes utilize imagery to enhance relaxation or psych themselves up before competitions?
13. Discuss the importance of goal-setting in building self-confidence. How can setting and achieving small, manageable goals lead to a gradual increase in self-confidence?
14. Analyze the complex relationship between personality traits and sports performance. How do different traits influence an athlete's motivation, focus, and coping strategies during competition?
15. Reflect on the ethical considerations of using personality assessments in sports psychology. How can potential biases, confidentiality, and informed consent be addressed when assessing athletes' personalities?
16. Differentiate between intrinsic and extrinsic motivation, providing examples of each.
17. Assess the balance between intrinsic and extrinsic motivation in a sports team and its impact on their overall performance and well-being.
18. Discuss the psychological challenges athletes may face during short-term preparation for competition. How can athletes use coping strategies and mental rehearsal to overcome these challenges?

(6×2=12 weightage)

Part C (Essay Type Questions)

*Answer any **two** questions.*

Weight 5 each.

19. Discuss the meaning and importance of attention in cognitive psychology. Provide a comprehensive overview of the different dimensions of attention/concentration, including selective attention, sustained attention, and divided attention.
20. Discuss the displacement of aggression as a defence mechanism and its psychological implications. Explore how individuals may redirect their aggressive impulses onto less threatening targets, and how this can lead to harmful consequences.
21. Critically evaluate the psychological strategies that athletes can use to regulate their emotions during high-pressure situations. How do techniques like mindfulness, deep breathing, and visualization influence emotional experiences and performance outcomes?
22. Evaluate the different methods used to measure sports motivation, including self-report questionnaires, observation, and physiological measures.

(2×5=10 weightage)

