

[This question paper contains 2 printed pages.]

Your Roll No. _____

Sr. No. of Question Paper :
 Unique Paper Code : 2114000025
 Name of the Paper : Fundamentals of Sports Psychology
 Name of the Course : **Common Pool of Generic Elective (G. E.) (2025)**
 Semester : VII
 Duration: 3 Hours

Maximum Marks: 90

Instructions for Candidates:

1. Write your Roll No. on the top immediately on receipt of this question paper.
2. Attempt a total of 4 questions. All questions carry equal marks.
3. Question no. 6 is compulsory.
4. Answers may be written either in **English** or in **Hindi**; but the same medium should be used throughout the paper.
1. Briefly explain the origin of sports psychology. With the help of suitable examples, discuss the role of sports psychologists for athletes, coaches and sports teams. (5+15)
2. Discuss the relationship between anxiety, arousal, and stress in relation to athletic performance. Explain the role of personality in sports performance. (10+10)
3. Discuss the impact of motivation on athletic performance. Highlight the importance of goal setting theory in sports settings. (10+10)
4. Explain the various activation techniques used by athletes. (5x4=20)
5. Examine athletes psychological response to injury and discuss the factors that impact their rehabilitation. Discuss the role of burnout and overtraining in sports performance. (20)
6. Write a short note on **any three** of the following: (10x3=30)
 - a. Stress and Sports Performance
 - b. Role of Sports Psychologist
 - c. Injury and Rehabilitation in Sports

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- d. Relaxation Techniques
- e. Goal Setting Theory

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