## **2 MarkS Questions**

**VERY SHORT ANSWER TYPE QUESTIONS**  
**(2 MARK EACH)**  
**Q.1 What is stress ?**  
**Q.2 What do you mean by anxiety ?**  
**Q.3 What do you understand by coping ?**  
**Q.4 Define Personality.**  
**Q.5 Define Motivation.**  
**Q.6 What do you mean by self-esteem.**  
**Q.7 What do you understand by body – Image ?**  
**Q.8 Write two techniques of motivation.**

## **3 Mark Questions**

**SHORT ANSWER TYPE QUESTION [80 TO 90 WORDS] –**  
**(3 MARKS EACH)**  
**Q.1 Discuss about the types of motivation.**  
**Or**  
**Discuss extrinsic & intrinsic motivation in sports.**  
**Q.2 What do you mean by positive and negative body Image ?**  
**Or**  
**What are the types of body image ?**  
**Q.3 Discuss about the effect of stress on an individual in brief.**  
**Or**  
**What are the positive and negative aspects of stress in games and sports.**  
**Q.4 Write down any 3 techniques of anxiety management.**  
**Q.5 What are the types of stress ?**  
**Q.6 How can one learn to manage stressful situations through games and sports.**  
**Or**  
**Write any three techniques to mange stress.**  
**Q7. What are the factors influencing body image and self-esteem.**

## **5 Marks Questions**

**LONG ANSWER TYPE QUESTION (150 TO 200 WORDS) –**  
**(5 MARKS EACH)**  
**Q.1 What are the coping strategies used in games & sports?**  
**Or**  
**Through participation in games & sports one learns to cope up with day to day life.   Discuss.**  
**Or**  
**What are problem focused coping strategies and emotion focused coping strategies.**  
  
**Q.2 What are the types of personalities and explain one of them with it’s importance in physical education and sports.**  
**Q.3 How motivation of a sports person affect games and sports and how games and sports can influence one’s motivation.**  
**Or**  
**What is the importance of motivation is games and sports?**

**Q.4 What are the dimensions of personality?**  
**Q.5 How one’s personality can be developed through participation in games & sports.**  
**Or**  
“**Games and sports have a major Impact on one’s personality” Discuss.**  
**Q.6 What are the techniques of motivation which helps to enhance the performance of an athelete in games & sports.**  
**Q7. What are the Psychological benefits of exercises?**  
**Or**  
**How a sportsperson becomes psychologically strong through participations in games and sports?**