

B.Sc. FITNESS AND LIFESTYLE MODIFICATION
(New Syllabus 2017-2018)

SECOND YEAR

PAPER I – PSYCHOLOGY AND LIFESTYLE MODIFICATION

Q.P. Code: 802811

Time: Three Hours

Maximum: 100 Marks

Answer all questions

I. Elaborate on:

(3 x 10 = 30)

1. Elucidate the expert performance in sports and Psychological characteristics of high level performance modelling.
2. Explain in detail about Psychophysiology of sports with relevant content.
3. Explain self regulation concept, methods, strategies in sports and exercise.

II. Write notes on:

(8 x 5 = 40)

1. Write about motor skill response.
2. Write on personality influences on performance of athletes.
3. Give short note on imagery in sports and exercise psychology.
4. Mention on the models of intrinsic and extrinsic motivation.
5. State attribution affects on performance level of athletes.
6. List the method to enhance self confidence.
7. Write preventive steps to Psychology of injury risks.
8. What are the uses of physical activity?

III. Short answers on:

(10 x 3 = 30)

1. Write short note on practice.
2. What is Stress anxiety?
3. What is motivation?
4. State on quality of life.
5. Write a short note on attention.
6. Write few uses of group cohesion.
7. What is the relation between arousal and performance?
8. State on self regulation.
9. What is integrative modelling?
10. Uses of self confidence.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 0321]

MARCH 2021

Sub. Code: 2811

(AUGUST 2020 EXAM SESSION)

B.Sc. FITNESS AND LIFESTYLE MODIFICATION

SECOND YEAR (Regulation 2017-2018 & 2019-2020)

PAPER I – PSYCHOLOGY AND LIFESTYLE MODIFICATION

Q.P. Code : 802811

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(3 x 10 = 30)

1. Discuss the different modeling approaches to study of IMB.
2. Illustrate the strategies and contribution made by Psychophysiology for superior performance in sports.
3. Enumerate the role of Psychology in Sports injury Rehabilitation.

II. Write notes on:

(8 x 5 = 40)

1. Motor development between childhood and adolescence-write.
2. Personality of athlete.
3. Intrinsic motivation and extrinsic motivation.
4. Achievement goal theory.
5. Investigate the goal paradox.
6. Strategies in behaviour in sports.
7. Careers in Sports.
8. Physical, mental and social health.

III. Short answers on:

(10 x 3 = 30)

1. What are the essential qualities for athletes?
2. What are the dance Psychological characteristics?
3. How extrinsic motivation function?
4. Attribution in sports-what?
5. What do you mean concepts in sports?
6. Name the five simple exercise for lifestyle.
7. How attribution maintained in sports and life style?
8. What is rehabilitation?
9. Give the meaning to sports Psychology.
10. What do you mean life style?

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 0222]

**FEBRUARY 2022
(AUGUST 2021 EXAM SESSION)**

Sub. Code: 2811

**B.Sc. FITNESS AND LIFESTYLE MODIFICATION
FIRST YEAR (Regulation 2017-2018 & 2019-2020)
PAPER I – PSYCHOLOGY AND LIFESTYLE MODIFICATION
*Q.P. Code : 802811***

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on: (3 x 10 = 30)

1. Elaborate on how attention influence on the performance and also explain how to improve attentional focus of athletes.
2. Explain how stress, anxiety and arousal influences the performance of an individual.
3. Elaborate on imaging techniques used in the field of sports psychology.

II. Write notes on: (8 x 5 = 40)

1. Briefly explain augmented feedback in motor skill acquisition.
2. Briefly explain achievement goal theory.
3. Define personality and identify the role in understanding personality.
4. Explain briefly why attribution is important for athletes.
5. Discuss the role of Psychological factors in athletics and exercise injuries.
6. Explain the guidelines for building motivation.
7. Explain the relationship between personality and behavior in sports and exercise.
8. Briefly explain how physical activity influences on mental health of the individual.

III. Short answers on: (10 x 3 = 30)

1. Explain how posture feedback and negative feedback influence behaviour.
2. Write the main characteristics of high level performer.
3. Write shortly how arousal affect performance.
4. Briefly explain motivation influence performance.
5. Explain intrinsic motivation influence performance.
6. Briefly explain the methods to improve the quality of life.
7. Define imagery and effectiveness of imagery in enhancing sport performance.
8. Write a short note on sport injury rehabilitation.
9. Define stress and explain the main sources of stress.
10. Explain how expectations influence on performance.

B.Sc. FITNESS AND LIFESTYLE MODIFICATION
SECOND YEAR (Regulations from 2017-2018 & 2019-2020)
PAPER I – PSYCHOLOGY AND LIFESTYLE MODIFICATION
Q.P. Code : 802811

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 0423]

APRIL 2023

Sub. Code: 2811

B.Sc. FITNESS AND LIFESTYLE MODIFICATION
SECOND YEAR (Regulations 2017-2018 & 2019-2020 onwards)
PAPER I – PSYCHOLOGY AND LIFESTYLE MODIFICATION
Q.P. Code: 802811

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(3 x 10 = 30)

1. Explain in detail about the response of Motor Skill performances and Psychological Response in Athletes.
2. Define Motivation. Explain the types and theories of Motivation in Sports and Exercise.
3. Explain in detail about the Psychology of Sports Injuries and its Prevention.

II. Write notes on:

(8 x 5 = 40)

1. Methods to Improve Teamwork Efficacy.
2. Behaviour in Sports.
3. Characteristics of High Level performance modelling.
4. Coping techniques during Failure.
5. Group cohesion in Sports.
6. Arousal methods for Increasing Performance.
7. Perspective of Exercise Tolerance.
8. Career termination- Psychological effect.

III. Short answers on:

(10 x 3 = 30)

1. Quality of Life and Health.
2. Strategies in Sport.
3. Goal Setting.
4. Goal Effectiveness Paradox.
5. Define Motivational Drive.
6. Future direction in Sports Psychology.
7. Types of Personality.
8. Methods of Anxiety Management.
9. Active Lifestyle.
10. Perceived Exertion.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 1123]

NOVEMBER 2023

Sub. Code: 2811

B.Sc. FITNESS AND LIFESTYLE MODIFICATION
SECOND YEAR (Regulations 2017-2018 & 2019-2020 onwards)
PAPER I – PSYCHOLOGY AND LIFESTYLE MODIFICATION
Q.P. Code: 802811

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(3 x 10 = 30)

1. Explain in detail the types of Stress and Psychosomatic effects of Stress.
2. Explain the Information-Motivation-Behavioural Skills model and different Modelling Approaches.
3. Enumerate the uses and application of the knowledge of Psychology in Physical Training and Fitness.

II. Write notes on:

(8 x 5 = 40)

1. Assessment of Quality of Life.
2. Models of Intrinsic and Extrinsic Motivation.
3. List the relation between Skill and Performance.
4. Strategies of Self Motivation.
5. Types of Dance Fitness Workouts.
6. Prevention of Sports Injury.
7. Performance in Sports and Dance.
8. Imagery in Sports.

III. Short answers on:

(10 x 3 = 30)

1. Augmented feedback.
2. Perceived Exertion.
3. Group Cohesion
4. Enhancing Self Control in Athletes.
5. List four life style modifications.
6. Ballistic Movements.
7. Reticular activating system.
8. Centre for Motor Learning.
9. Attention in Athlete.
10. Qualities of an Athlete.
