

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.