

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

[AHS 1022]

**OCTOBER 2022**

**Sub. Code: 2112**

**M.Sc. SPORTS AND FITNESS PSYCHOLOGY  
SECOND YEAR (From 2018-2019 & 2020-2021 onwards)  
PAPER II – PSYCHOBIOLOGY FOR FITNESS AND  
LIFE-STYLE MODIFICATIONS**

*Q.P. Code : 282112*

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Elaborate notes on:**

**(2 x 20 = 40)**

1. Elaborate on theory of planned behaviour and self-efficacy theory.
2. Describe Exercise and Health Psychology Using Theories of Motivated Behaviour to Understand Physical Activity.

**II. Write Short Notes on:**

**(10x6 = 60)**

1. What is Intentional movement behaviour?
2. What is the influence of physical exercise on psychological process?
3. How will you design a public health frame work to promote physical activity?
4. Explain serotonin hypothesis.
5. Write about fitness psychology in Osteoporosis.
6. How Breathing affects posture?
7. What are the current trends in exercise tolerance?
8. Explain psychodrama.
9. Write notes on personality typing.
10. What are the antidepressant effects of exercise?

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