

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

**[AHS 0122]**

**JANUARY 2022  
(OCTOBER 2021 EXAM SESSION)**

**Sub. Code: 2111**

**M.Sc. SPORTS AND FITNESS PSYCHOLOGY  
SECOND YEAR (From 2018-2019 onwards)  
PAPER I - PSYCHOBIOLOGY FOR EXCELLENCE IN SPORTS  
*Q.P. Code : 282111***

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**Elaborate notes on:**

**(2 x 20 = 40)**

1. What is Imagery & How is Imagery used in Sport? Explain internal and external imagery. Write in detail about how imagery works and how to develop imagery skills.
2. Write in detail about Attention in sport. (i.e. Explain about selective attention, narrowing, centering, associative and dissociative attention strategies)

**I. Write Short Notes on:**

**(10x6 = 60)**

1. Attention in sport.
2. Personality typing techniques & tests.
3. Performance Anxiety in sport.
4. Arousal.
5. Cognitive behavioural intervention in Sport.
6. Self-confidence.
7. Aggression in Sport.
8. Fundamentals of Counselling in sport.
9. Eating disorders & Social physique anxiety.
10. Staleness, overtraining & burnout in athletes.

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SECOND YEAR (From 2018-2019 & 2020-2021 onwards)  
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**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Elaborate notes on:**

**(2 x 20 = 40)**

1. Write in detail about team cohesion (what is it? how is it measured? what are the determinants of team cohesion?) How would you help the coach improve team cohesion?
2. Write in detail about Psychology of athletic injuries. (Explain about Psychological adjustment to injury, psychological factors influencing rehabilitation).

**II. Write Short Notes on:**

**(10x6 = 60)**

1. Psychological profile of the elite athlete.
2. Associative and dissociative attentional strategies.
3. Causal attribution in sport.
4. Hypnosis in Sport.
5. Performance Anxiety in sport.
6. Goal setting in sport.
7. Motivation and self-confidence in Sport.
8. Mental Imagery training.
9. Effects of Aggression on sports performance.
10. Player position and personality profile.

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