

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.
