

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.
