

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

[AHS 0122]

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

Sub. Code: 2112

**M.Sc. SPORTS AND FITNESS PSYCHOLOGY
SECOND YEAR (From 2018-2019 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. Describe motor development and skill acquisition in childhood and adolescence.
2. Describe social Cognitive Perspective of Perceived Exertion and Exertion tolerance Current Trends & Future Directions in Fitness Psychology.

II. Write Short Notes on:

(10x6 = 60)

1. What are the psychological characteristics of high-level performance?
2. Write about feedback in motor skill Acquisition?
3. Explain Anxiety reduction following Exercise?
4. Explain Weight loss counselling?
5. Write about fitness psychology in Rheumatoid arthritis?
6. Explain Ashtanga yoga?
7. What are the future directions in fitness psychology?
8. Explain psychotherapy to improve performance?
9. Write notes on Behavioural assessment, therapy and management?
10. What are the considerations for motor skill performance?

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[AHS 1022]

OCTOBER 2022

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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?
