

[AHS 0321]

MARCH 2021

Sub. Code: 2811

(AUGUST 2020 EXAM SESSION)

B.Sc. FITNESS AND LIFESTYLE MODIFICATION**SECOND YEAR (Regulation 2017-2018 & 2019-2020)****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. Discuss the different modeling approaches to study of IMB.
2. Illustrate the strategies and contribution made by Psychophysiology for superior performance in sports.
3. Enumerate the role of Psychology in Sports injury Rehabilitation.

II. Write notes on:**(8 x 5 = 40)**

1. Motor development between childhood and adolescence-write.
2. Personality of athlete.
3. Intrinsic motivation and extrinsic motivation.
4. Achievement goal theory.
5. Investigate the goal paradox.
6. Strategies in behaviour in sports.
7. Careers in Sports.
8. Physical, mental and social health.

III. Short answers on:**(10 x 3 = 30)**

1. What are the essential qualities for athletes?
2. What are the dance Psychological characteristics?
3. How extrinsic motivation function?
4. Attribution in sports-what?
5. What do you mean concepts in sports?
6. Name the five simple exercise for lifestyle.
7. How attribution maintained in sports and life style?
8. What is rehabilitation?
9. Give the meaning to sports Psychology.
10. What do you mean life style?
