

MPT-Sports 2nd Year

BF/2023/03

Applied Exercise Physiology and Sports Psychology (MPS 203)

Time: 3 Hours.

Max Marks =80

- Note:** 1.) *Attempt all questions.*
2.) **ATTEMPT BOTH PARTS IN SINGLE ANSWER BOOK ONLY.**
3.) **NO SUPPLEMENTARY SHEET SHALL BE ALLOWED/ PROVIDED**
4.) **The Student must write O.P. Code in the space provided on the Title page of the Answer Book.**

Note: Attempt **THREE** questions from each Section A & B.
First Question in both sections is **compulsory**.

Section-A **(Sports Psychology)**

Marks 40

1. Describe different stages of mental, social and emotional development. Describe the role of Sports in promotion of mental health. [20]
2. Describe the factors inducing arousal and anxiety and its relation with Sports performance. [10]
3. Describe various coping strategies for Stress. [10]
4. **Write short notes on the following :**
 - (a) Role of team leader in Sports [5]
 - (b) Cognitive approach to motivation [5]

Section-B **(Applied Exercise Physiology)**

Marks 40

5. Describe Target heart rate training and its role in aerobic conditioning. [20]
6. |What do you mean by Body Mass Index? Describe the role of exercise in weight control. [10]
7. Describe various types of Muscle contraction. Describe various methods to measure muscle strength. [10]
8. **Write short notes on the following :**
 - (a) Precautions in exercise prescription for Elderly [5]
 - (b) Pre- competition meal [5]
