

K-63/2051

**SPORTS PSYCHOLOGY AND DIETARY
COUNSELLING
(Semester-II)**

Time : Three Hours]

[Maximum Marks : 60

Note : Attempt *five* questions in all selecting *two* questions each from Section A and B and compulsory question of Section C.

SECTION-A

- I. Describe the role of motivational training in sports.
- II. How various motivational approaches are being applied at international level?
- III. How anxiety loss of concentration affects performance of an athletes and what kind of mutual preparation is required to cope up?
- IV. Is there any impact of society media particularly advertisement on food habits and choices of an athlete? How it affects Psychology and hence performance?

(2×9=18)

SECTION-B

- V. Describe addictive behaviour. Its assessments and the various techniques to overcome it.
- VI. How sports dietitian takes advantage of various theories and strategies in nutritional counselling?
- VII. Strategic automatization of food habits in health behavior.
- VIII. What are various models of health & nutrition education in sports person and strategies for affective nutritional educational implementation? (2×9=18)

SECTION-C **(Compulsory Question)**

- IX. (a) Define Goal setting.
- (b) Name various motivational approaches in sports Psychology.
- (c) Define stress.
- (d) What is food neo-phobia?,
- (e) Key points to highlight food cravings.
- (f) Define neuropsychology.
- (g) What is dietary behaviour?

- (h) Name various stages of change model with dietary behaviour.
 - (i) Name various computer applications in nutritional counselling.
 - (j) How important is media in creating healthy food psychology?
 - (k) Define Motivation.
 - (l) Define Mutual fatigue. (12×2=24)
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