THIRD SEMESTER M.Sc. (HEALTH AND YOGA THERAPY) DEGREE [REGULAR/SUPPLEMENTARY] EXAMINATION, DECEMBER 2020

Health and Yoga Therapy

Paper IX—PSYCHOLOGY AND YOGA THERAPY RELATED TO PHYSICAL EDUCATION AND SPORTS

Time : Three Hours   Maximum : 75 Marks

Answer any **five** *questions of which* **three** *questions should be from Part A and* **two** *questions from Part B including questions 8 which is* **compulsory.**

Part A

1. Define personality and describe the characteristics and methods of measuring personality.

(15 marks)

2. Explain the following :

    (a) Explain Intrinsic and Extrinsic motivation.

    (b) Explain the effect of stress and anxiety on sports performance.

    (c) What is attitude and what are the methods to measuring attitude ?

    (3 × 5 = 15 marks)

3. Answer the following :

    (a) Compare the level of aggression based on sex difference.

    (b) Meaning and scope of Psychology.

    (c) Define the term perceptions. Explain its importance in learning and development.

    (3 × 5 = 15 marks)

4. Write briefly :

    (a) Explain the psychological and physiological benefits of Pranayama.

    (b) Yogic management control Stress.

    (c) Role of Kriyas to attain good health.

    (3 × 5 = 15 marks)

Turn over

5. Briefly explain :

   (a) Explain various physical fitness components in detail.

   (b) What is High altitude training and how can yoga reduces the risk associated with high altitude.

   (c) What is the aims and objective Physical education ?

                                                                                      (3 × 5 = 15 marks)

Part B

6. Describe the yogic management and rehabilitation of various sports injuries.   (15 marks)

7. Explain the following :

   (a) Physiological condition of fatigue.

   (b) Differentiate Muscular strength and Endurance

   (c) Role of yoga in physical education learning.

                                                                                      (3 × 5 = 15 marks)

8. Answer any *five* from the fpllowing :

   (a) Hypoxic training.

   (b) Oxygen dept.

   (c) Anaerobic training.

   (d) Mental illness.

   (e) Transactional analysis.

   (f) DOMS.

   (g) Psychoses.

   (h) Negative reinforcement.

                                                                                      (5 × 3 = 15 marks)

THIRD SEMESTER M.Sc. (HEALTH AND YOGA THERAPY) DEGREE [REGULAR/SUPPLEMENTARY] EXAMINATION, DECEMBER 2020

Health and Yoga Therapy

PAPER VIII—YOGIC DIET AND RELATED BIO-CHEMISTRY

Time : Three Hours   Maximum : 75 Marks

Answer any **five** *questions of which* **three** *questions should be from Part A and* **two** *questions from Part B including questions 8 which is compulsory.*

Part A

1. Briefly describe Nutrition. What are the components of Nutrition ? Explain each *one* in detail.

(15 marks)

2. Explain the following :

    (a) How carbohydrates are metabolized in human body ?

    (b) Explain BMI with its formula. How will you classify obesity as per BMI ?

    (c) Explain briefly about Malnutrition.

(3 × 5 = 15 marks)

3. Answer the following :

    (a) Discuss the role of Diet for preventing Life style disorders.

    (b) Importance of phospholipids.

    (c) Advantages of vegetarian diet.

(3 × 5 = 15 marks)

4. Write briefly :

    (a) Properties of Ela.

    (b) Importance of Levanga.

    (c) Rasa and Its types.

(3 × 5 = 15 marks)

Turn over

5. Briefly explain :

    (a)   Virya and Vipaka.

    (b)   Dietary relevance of Draksha and Madhu.

    (c)   Concept of Balanced diet in Yoga.

<div align="right">(3 × 5 = 15 marks)</div>

Part B

6. Classify different types of vitamins. What is the role of vitamins in our body ?   (15 marks)

7. Answer the following :

    (a)   Differentiate between food adulteration and food additives.

    (b)   Importance and negative effects cholesterol in the human body.

    (c)   Specific composition and use of fructose.

<div align="right">(3 × 5 = 15 marks)</div>

8. Answer any *five* from the following :

    (a)   What is Mithahara ?

    (b)   Shunti.

    (c)   Trans fatty acid.

    (d)   Deficiency conditions of Ascorbic acid.

    (e)   Role of Jambu and Diabetes mellitus.

    (f)   Structure of starch.

    (g)   Satwic spices.

    (h)   Sweeteners in yogic diet.

<div align="right">(5 × 3 = 15 marks)</div>

THIRD SEMESTER M.Sc. (HEALTH AND YOGA THERAPY) DEGREE [REGULAR/SUPPLEMENTARY] EXAMINATION, DECEMBER 2020

Health and Yoga Therapy

Paper VII—RESEARCH METHODOLOGY STATISTICS AND RESEARCH ADVANCES IN YOGA

Time : Three Hours　　　　　　　　　　　　　　　　Maximum : 75 Marks

Answer any **five** *questions of which* **three** *questions should be from Part A and* **two** *questions from Part B including Question 8 which is* **compulsory.**

Part A

1. What is sampling and explain different types of sampling method in Statistics ?

(15 marks)

2. Explain the following :

    (a) How will you develop research proposal ?

    (b) Explain Research and classification of research. Discuss any *three* in detail.

    (c) Steps in Historical Research.

(3 × 5 = 15 marks)

3. Enumerate the following :

    (a) What is bibliography and explain the steps involved in preparing the bibliography ?

    (b) Write down the relationship between Basic research and Applied research.

    (c) Different types of experimental design.

(3 × 5 = 15 marks)

4. Write briefly :

    (a) Explain the different methods of conducting a Survey.

    (b) How literatures help a research study to drive a conclusion ?

    (c) What is Hypothesis and explain the formulation of Hypothesis ?

(3 × 5 = 15 marks)

Turn over

5. Briefly explain :

    (a)   Differentiate between Type I and Type II errors.

    (b)   What is the scale of measurement in statistics ? Explain in detail.

    (c)   Specific characteristics and use of central tendency.

                                                             $(3 \times 5 = 15$ marks)

Part B

6. Explain the various steps involved in preparation of a Research report.   (15 marks)

7. Differentiate the following :

    (a)   Skewness and kurtosis.

    (b)   Independent t-test and paired t-test.

    (c)   Categorical variable and Control variable.

                                                            $(3 \times 5 = 15$ marks)

8. Answer any *five* from the following :

    (a)   What is Plagiarism ?

    (b)   What are the measures of Variability ?

    (c)   What is percentile ?

    (d)   What is SPSS and list out its application in research ?

    (e)   Describe the Normal distribution curve.

    (f)   What is delimitation ?

    (g)   What is Null hypothesis ?

    (h)   What is Placebo ?

                                                            $(5 \times 3 = 15$ marks)