

M.Ed. Two year Programme

Third Semester Final Exam Papers

January 2017.

NAME : OEC: Open Elective Paper - Applied School

ADDRESS : Psychology.

SUBJECT : _____

Phone No.: _____ **Fax No. :** _____

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File No. : _____ **From :** _____ **To :** _____



Filing System

Pearl Tag File

Reg. No.

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ST. ANN'S COLLEGE OF EDUCATION, MANGALORE.
(AUTONOMOUS)
M.Ed. Two Year Programme – Choice Based Credit System (CBCS)
Third Semester Examination – January 2017
(Semester Scheme)

OPEN ELECTIVE PAPER (OEC) : APPLIED SCHOOL PSYCHOLOGY

Time : 3 Hours

Max. Marks : 70

Instructions : There are two sections in the question paper. Both the sections are compulsory.

Section A

Note : Answer the following questions in about three pages each.

- 1 a) i) Enumerate the roles of a School Psychologist.
ii) Explain the government schemes and policies for LD and MR children. (4+6)

OR

- b) i) Discuss the Historical background of School Psychology.
ii) Explain the characteristics of Autistic Children. (5+5)

- 2 a) i) Explain the clinical characteristics of ODD.
ii) Discuss any three Emotional Problems usually faced by school going children and suggest measures to overcome them. (4+6)

OR

- b) i) Enumerate the reason for School Refusal and Truancy.
ii) Discuss the any three Academic Problems usually faced by school going children and suggest measures to overcome them. (4+6)

- 3 a) i) Define Counseling and enumerate characteristics of a Good Counsellor.
ii) Explain Confronting and Elaboration as Counseling Strategies. (5+5)

OR

- b) i) Explain the need for Parental Counselling.
ii) Explain Reflecting and Problem Solving as Counseling Strategies. (4+6)

- 4 a) i) Describe Carroll model of Classroom Management.
ii) Discuss the application of Operant Conditioning as a Behavior Modification Technique. (5+5)

OR

- b) i) Describe QAIT model of Classroom Manangement.
ii) Discuss the application of Classical Conditioning as a Behavior Modification Technique. (5+5)

Contd...2.

Section B

Note : Answer any six of the following questions in about a page each.

(6x5=30)

- 5 a) Explain the clinical features of children with Depression.
- b) Discuss the meaning and uses of School Psychology.
- c) Explain any two Habit Disorders.
- d) Explain the steps in identifying children with LD.
- e) Explain the concept of Delinquency.
- f) Describe the stages in Counseling.
- g) Describe the characteristics of an Effective Classroom Learning Environment.
- h) Describe the meaning and techniques of Classroom Management.

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**ST. ANN'S COLLEGE OF EDUCATION, MANGALORE.
(AUTONOMOUS)**

M.Ed. Two Year Programme – Choice Based Credit System (CBCS)

**Third Semester Examination – January 2017
(Semester Scheme)**

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Contd...2.

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**ST. ANN'S COLLEGE OF EDUCATION, MANGALURU.
(AUTONOMOUS)
M.Ed. Two Year Programme – Choice Based Credit System (CBCS)**

**First/Third Semester Examination – January 2019
(Semester Scheme)**

MPSYE 456 : OPEN ELECTIVE COURSE : HEALTH PSYCHOLOGY

Time : 3 Hours

Max. Marks : 70

Instructions : There are two sections in the question paper. Both the sections are compulsory.

Section A

Note : Answer the following questions in about three pages each.

- 1a) i) Define Applied psychology.
ii) Discuss the scope of Applied Psychology. (2+8)

OR

- b) i) Define School Psychology.
ii) Explain the role of a School Psychologist. (2+8)

- 2 a) i) Define Counselling.
ii) Explain the process of Counselling. (2+8)

OR

- b) i) Explain the need for Assessment in Counselling.
ii) Explain the methods used for Assessment of a problem. (3+ 7)

- 3 a) i) Explain the importance of Listening in Counselling.
ii) Discuss the skills of responding, questioning and summarizing. (4+6)

OR

- b) i) Explain the meaning of 'Behaviour Modification'.
ii) Examine the techniques used to modify the Excess behavior. (2+8)

- 4 a) i).Explain the meaning of 'Multisensory technique'.
ii) Discuss the various Multisensory strategies in remedial teaching. (2+8)

OR

- b) i) Explain the need for Psycho Education.
ii) Explain Psycho Education to a parent with a L.D .child. (5+5)

Contd...2.

Section B

5. Answer any Six of the following questions in about a page each. 6 x 5=30

- a) Examine the role of a teacher as a Counsellor.
- b) Explain the Academic and Emotional problems faced by children in schools.
- c) Discuss the Ethical issues in Counselling.
- d) Explain the attending and observation skills in Counselling.
- e) Discuss the principles of punishment in modifying behavior.
- f) Explain briefly the various methods to improve memory.
- g) Discuss the general causes of emotional disorders in children.
- h) Examine the role of reinforcement in teaching new behaviours.
- i) Discuss the Inclusive Education strategies.

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St. Ann's College of Education
OEC: Health Psychology
Annual Examination- October 2021

Duration: 3 hours

Max Marks: 70

I. Answer all the questions

2x10=20

1. State the WHO Definition of Health.
2. What is trephination?
3. Distinguish between Stress and Stressors.
4. What is Secondary appraisal? Cite examples.
5. List the physiological factors that play a role in stress.
6. State 2 barriers of modifying health behaviour.
7. What is the focus of health belief model?
8. What is yo-yo dieting?
9. What are the characteristics of aerobic exercise?
10. What is appetite suppressing drugs?

II. Answer any 3 of the following

3x10=30

1. Critically analyse the importance of Biopsychosocial Model of health.
2. Define Health. Elucidate the history of body Mind relationship.
3. Illustrate with examples the difference between health belief model and theory of planned behaviour.
4. Explain sleep as a health enhancing behaviour.
5. What is obesity? Explain the CBT Interventions for weight control.

III. Answer the following question

1x20=20

6. Nidhi is an 18-year-old girl, who lost her parents in a road accident, and is now taken care of by her grandparents. She is a very intelligent girl who aimed to study medicine, hardworking, receptive and someone who can be trained. At times she has also displayed good coping skills when faced with stress. But off late she seems to be lost, is anxious about her future, and afraid of not securing a Govt seat at the medical entrance, she is finding difficult to sleep and at times is seen displacing her emotions onto others for no reason, and is unable to focus on study.
 - a. Identify the stressors in Nidhi Life 5
 - b. List what would be her Secondary Appraisals/coping resources 5
 - c. Help her to adapt some coping mechanisms to manage her stress. 10

**HEALTH PSYCHOLOGY
FINAL EXAMINATION**

Time: 3 Hours

Max Marks: 70

I Answer any SIX of the following

(6*2=12)

- a) What is Resilience?
- b) List the four types of Body Humours.
- c) What is Chronic illness?
- d) State the meaning of Self-efficacy.
- e) What is Emotion-focused coping?
- f) List the response during Fight Mode.
- g) Why is REM sleep also called paradoxical sleep?
- h) Name any two stress Hormones?

II Answer any TWO of the following

(2*8=16)

2. Describe the phases in GAS theory
3. Write a note on the Case history of Nightmare Deaths.
4. Bring out the role of Social Economic Status and Culture on Obesity.

III Answer any THREE of the following

(3*14=42)

5. a) Analyze the need for the field of Health Psychology.

OR

b) Explain the Biopsychosocial Model of Health.

6. a) What are health behaviors? Explain the barriers to modifying health behaviour.

OR

b) Elucidate the Transtheoretical Model of Change.

7. a) Explain the various coping interventions to deal with stress effectively?.

OR

b) Explain the different types of accidents and strategies to prevent them.

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**ST ANN'S COLLEGE OF EDUCATION
(AUTONOMOUS) MANGALURU**

M.Ed. Two Year Programme - Choice Based Credit System (CBCS)

Open Elective Paper : PO 815.3 : HEALTH AND FITNESS

Time: 3 Hours

Max Marks: 70

I. Answer any SEVEN of the following**(7 × 3 = 21)**

1. Define physical fitness and list its components.
2. What is anaerobic exercise? Provide two examples.
3. Write three benefits of flexibility exercises.
4. Define energy. What is the main energy nutrient?
5. What are three tests used to assess cardiovascular endurance?
6. State three health risks associated with a sedentary lifestyle.
7. List any three macronutrients and their roles in fitness.
8. What is BMI? How is it calculated?
9. Define health and wellness. How are they related?
10. Write any three benefits of strength training exercises.

II. Answer any FIVE of the following**(5 × 5 = 25)**

11. Explain the FITT principles of exercise and how they are applied to create a fitness routine.
12. Discuss the role of carbohydrates, proteins, and fats in sustaining energy for exercise performance.
13. How does body composition differ from BMI? Why is body composition a better indicator of fitness?
14. Describe the impact of hydration and electrolyte balance on physical performance.
15. Write a note on the hours of physical activity recommended for different age groups.
16. Discuss how to set SMART goals for a fitness plan, with examples.
17. Explain the role of exercise in reducing the risk of diabetes.

III. Answer any THREE of the following**(3 × 8 = 24)**

18. What are lifestyle diseases? Discuss how diet and exercise can help prevent and manage hypertension and obesity.
19. Analyze the evolution of fitness trends over the years and their impact on health and wellness.
20. Explain the relationship between macronutrients and hydration in pre- and post-exercise nutrition. Provide examples of suitable foods or beverages for each.
21. Discuss flexibility-based fitness assessments and their significance in overall fitness.
22. Explain the role of sleep, stress management, and active recovery in maintaining optimal health and fitness.
