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Avinashilingam Institute for Home Science and Higher Education for Women
Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD (now MoE)
Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test I – February 2026
VI SEMESTER

3/2/26

Class: Repeater- III UG
Major: Psychology

Time: 2 hours
Maximum Marks: 60

21BPSC20- HEALTH PSYCHOLOGY

Course Outcomes:

At the end of the course, students will:

1. Acquire Knowledge on various health behaviors.
2. Develop skills in health promotion techniques
3. Initiate coping mechanisms.

Part-A

6x1=6

Choose the correct answer

1. Mind and body dualism was proposed by
a. Descartes b. Hippocrates c. Aristotle d. Plato CO1K1
2. Being aware of the problem and considering change is described as
a. Precontemplation b. Contemplation c. Action d. Maintenance CO1K1
3. Vrikshasana is otherwise known for
a. Yoga squat pose b. Bow pose c. Tree pose d. Corpse pose CO2K1
4. First leading cause of preventable death is
a. Tobacco b. Alcohol c. Smoking d. Improper diet & exercise CO2K1
5. Fight or flight response concept was given by
a. Canon b. Taylor c. Wundt d. Baron CO3K1
6. Initial stage in assessing a stress, or involves estimating the severity of a stressor and classifying it as either a threat or a challenge is called
a. Secondary appraisal b. Primary appraisal c. Harm d. Coping CO3K1

Part- B

3x6=18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Delineate Functions of Health Psychologists. CO1K2
(or)
7. b. Write a note on the Barriers to Modify Poor Health Behaviour. CO1K2
8. a. Explain briefly the Types and Psychological Benefits of Exercise. CO2K2
(or)
8. b. List out the Strategies of Weight Control. CO2K2
9. a. Explain in brief about the Selye's General Adaptation Syndrome. CO3K2
(or)
9. b. List out the Types of Stress. CO3K2

Part-C

3x12=36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Elucidate on Transtheoretical Model of Behaviour Change. CO1K2
(or)
10. b. Explicate Biopsychosocial Model with examples. CO1K2
11. a. Explain in detail about the types of Asanas. CO2K2
(or)
11. b. Explain in detail about Health Compromising Behaviours. CO2K3
12. a. Discuss about Psychological Appraisal and Experience of Stress. CO3K2
(or)
12. b. Explicate the Sources of Chronic Stress. CO3K2
