



KMTTC UASIN GISHU CAMPUS  
Exercise Psychology Exam

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September 2009

class Duration: 2hrs

Date: .....

College No.....

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Instructions: Attempt all questions in this paper Present your work neatly on the foolscaps provided Write your college number on every sheet you use Examination rules and regulations apply

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1

1. Which one of the following is an attribute of well-being.

- (a) Negative thinking
- (b) Generation gap
- (c) Ethical conduct
- (d) None of the above.

2. Dreams can be explained as

- (a) Compounds

- (b)Cognitive events
- (c)Waking state
- (d)State of suggestibility

3. Who is a visionary leader?

- (a) One who has medium-term perspective
- (b) One who has short term perspective
- (c) One who has long term perspective
- (d) One who take initiative for need satisfaction.

4. You have to make a phone call and you ask your friend for the phone number. Which type of memory can help you remember the number for a short period.

- (a) Long term memory
- (b) Short term memory
- (c) Sensory memory
- (d) Non of the above

5. What is a Psychological test? 2m

6. What is long-term memory? 2m

7. When the retinal image changes with distance, our perception does not change. Why? 2m

8. Distinguish between the sources of environmental stress and consequences of environmental stress. 2m

9. Which types of job will you suggest for a 'Realistic' person and why? Give at least one reason. 2m

10. Praveen is a good athlete but for some time he is feeling low and his performance is deteriorating. Suggest any two ways to improve his performance. 2m
11. Illustrate, with an example, how reward can increase job satisfaction. 2m
12. List four fields of psychological studies and describe one in detail. 4m
13. Briefly explain the importance of brain and its function. 4m
14. What is development? List the various stages of human development. 4m
15. What is the role of family as a social unit? Explain briefly. 4m
16. Describe organizational climate and name any of its two determinants. 4m
17. Analyze human being as organism. 4m
18. Give any two differentiation between depressants and stimulants. 4m
19. Explain the role of environmental influences on pre-natal development. 4m
20. Analyze the effect of group on performance and risk taking behaviour. 4m

21. Illustrate with examples the uses and abuses of propaganda and rumour. 4m
22. Explain any one model of human environment interaction. 4m
23. Why is Yoga important for self-development? Discuss. 4m
24. Explain the concept of Panch Kosha. Explain any one in detail. 4m
25. Illustrate with example the importance of aged people for our society. 4m
26. Explain time management as a strategy for mental health. 4m
27. "Yoga is a way of life". Explain the statement. 4m
28. Describe any two Indian perspectives in understanding human nature. 6m
29. What is motivation? Explain the Indian thought on motivation. 6m
30. What is conflict? Explain the various forms of conflict, 6m

MARKING SCHEME  
(Psychology)

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1.- C

2. - B

3. - C

4. - B

5. Tests are standardized tools to assess individual differences in areas like ability, aptitude, personality etc.

6. Long Term Memory system is the memory system for the retention of large amount of information for long periods of time.

7. Due to size constancy, because the perceived size remains constant, either perceive it closely or from the distance.

8. Sources of environmental stress are demands made by environmental factors on the process and consequence is the person's response to those demands.

9. Mechanic, engineer, electrician, tool designer etc. because they have good motor coordination skills.

10. Any two relevant reasons.  $1 + 1 = 2$

11. Any relevant example

12.

1) Physiological psychology

2) Cognitive psychology

3) Comparative psychology

4) Developmental psychology

5) Social psychology

6) Personality psychology

7) Clinical psychology

- 8) Educational psychology
- 9) Industrial psychology
- 10) Counselling psychology

(List any four and describe any one in detail. )

13. Structure of brain and brief description of

- (i) Brainstem and cerebellum
- (ii) Limbic system
- (iii) Cerebrum
- (iv) Cortical lobes       $2 + 2 = 4$

14. Development is the process by which organisms grow and change systematically over the entire life period. Stages of human development.

- (a) Pre natal
- (b) Infancy
- (c) Early childhood
- (e) Middle childhood
- (f) Early adulthood
- (g) Middle adulthood
- (h) Old age       $1\frac{1}{2} + 2\frac{1}{2} = 4$

15. Role of family as a social unit - advantages of family       $2 + 2 = 4$

16. Organizational climate is a set of characteristics that describes an organization, distinguishes one organization from the other, are relatively enduring and influence the behaviour of people in the organization. Determinants – Organizational structure, technology, texternal environment, management policies and practices.       $2 + 2 = 4$

17. Description of the human being as a product of person-environment system. 4

18.

(1) Depressant reduce behavioural output and activity is CNS.

(2) Large doses can result in paralysis of the brain centers.

(1) Stimulants induce feelings of energy and activation

(2) Raise blood pressure and heart rate and result is emotional crash.

$2 + 2 = 4$

19. Explanation of the role of environmental influences of prenatal development. 4

20. Performance is facilitated, increased arousal, People take greater risk while 4 working in a group.

21. Propoganda – Meaning and uses, 4

22.

(1) Man subjugated to nature  $1\frac{1}{2} + 1\frac{1}{2} + 1 = 4$  (2) Man over nature

(3) Symbiotic relationship between man and nature. (any one model)

4

23. Importance of Yoga for self development. 4

24. Human personality is made up of five koshas-Annamaya, Pranamaya, Monomaya, Vijnanmaya, Andandmaya, kosha. (Explain any one in detail)  $1 + 3 = 4$

25.

(i) Cultural transmission is facilitated

(ii) Repertoire of knowledge and wisdom. Illustrate with example 4

26. Various effects and process of time management. 4

27. Explanation of the usefulness of Yoga as away of life-vetuces stress, helps in achieving physical and mental health. 4

28. Description of the main ideas of

(i) Vedantic

(ii) Jain

(iii) Buddhist

(iv) Sufi

(any two) •

29. Concept of motivation, need and instincts 3 + 3 = 6

The four main categories of goal directed behaviour in Indian thought namely Dharma,

Artha,

Kama,

Moksha 3 3 + 3 = 6

30. Conflict represent situations involving dilemmas, preferences and demands which cannot be handled simultaneously. The various forms of conflict are:

(b) Approach – Approach conflict

(c) Avoidance – Avoidance conflict

(d) Approach – Avoidance conflict Multiple

(e) Approach – Avoidance conflict



(Description of all the four types of conflicts)  $3 + 3 = 6$  v