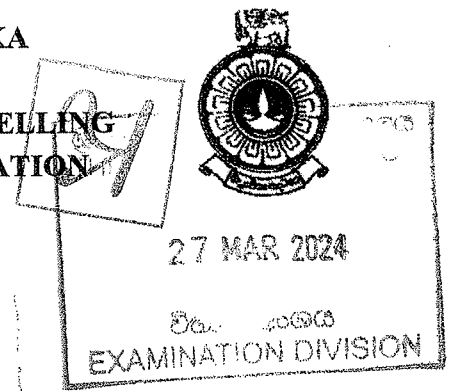


**THE OPEN UNIVERSITY OF SRI LANKA**  
**FACULTY OF HEALTH SCIENCES**  
**DEPARTMENT OF PSYCHOLOGY & COUNSELLING**  
**2023/2024 – SEMESTER I—FINAL EXAMINATION**

**BSC (HONS) IN PSYCHOLOGY**  
**PLU 6303 - APPLIED PSYCHOLOGY – LEVEL 6**  
**FINAL EXAMINATION PAPER**  
**DURATION: 03 HOURS**



DATE: 27.03.2024

TIME: 9.30 AM- 12.30 PM

**SECTION 2: STRUCTURED ESSAY QUESTIONS (60 MARKS)**

Choose 04 out of the 06 questions given below and answer using the provided answer sheets.

- 2.1 (a) Define Sports and Exercise Psychology and describe the role of a Sports and Exercise Psychologist. (7 marks)  
(b) Describe the steps in Mindfulness-Acceptance-Commitment (MAC) approach (8 marks)
- 2.2 (a) Differentiate coaching from Coaching Psychology. (5 marks)  
(b) Explore the models of Coaching Psychology. (5 marks)  
(c) Examine the applications of Coaching Psychology. (5 marks)
- 2.3 (a) Explain the scope and aim of Positive Psychology. (7 marks)  
(b) Describe the Hedonistic Well-being(subjective/emotional) and Eudemonic Well-being (psychological and social). (8 marks)
- 2.4 (a) Describe the scope of Positive Psychology. (5 marks)  
(b) Explain with examples the importance of applying Positive Psychology concepts into the school education system in Sri Lanka (10 marks)
- 2.5 (a) Describe the workplace effectiveness. (5 marks)  
(b) Explain the methods that can be applied to minimize the cognitive biases at the workplace. (10 marks)
- 2.6 Answer any three of the followings. (5x3=15Marks)  
a) Speech errors  
b) Neuroimaging  
c) Computational modelling  
d) Relation between psychology and linguistics

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