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Your answers should be specific to the questions asked.
Draw neat labeled diagrams wherever necessary. Answer all questions

LONG ESSAY **2 X 20 = 40 Marks**

1. Identify the various Ergonomic guidelines required to plan a work station for a computer professional. Explain each principle in detail.
2. Identify the various electrical currents that can be used in stimulation of the neuromuscular system. Describe the features for each type of current and their effects on nerve and muscle.

SHORT ESSAY **6 X 10 = 60 Marks**

3. Exercise prescription for obesity
4. Write a note on integrated EMG studies.
5. Write an essay on the influence of temperatures and altitude on the body systems during exercises.
6. Can electrical stimulation alter muscle plasticity? Explain your response in detail with examples and evidence
7. Describe the kinetics and Kinematics of lumbar spine and its impact on core stability exercises.
8. Write a note on Krebs Cycle with reference to rest and exercise.

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