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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. Describe loading of the spine and compare loads on the lumbar spine during standing, sitting and reclining. Explain Static loads on the lumbar spine during lifting
2. Describe the several important principles that need to be considered when designing resistance training program

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

3. Describe the structural components and the long term effects on structural functions in forward head posture.
4. What effect does COPD have on the inspiratory muscle?
5. Define microgravity. Explain the physiological alteration with chronic microgravity exposure. Add a note on exercise as a counter means to microgravity.
6. Describe the indication for use of Faradic type current.
7. Discuss in detail the health risks associated with hyperbaric conditions.
8. Why do athletes with high VO_2 max values perform better in endurance events than those with lower values?

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