



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. Explain glucose metabolism during exercise and its relevance in exercise prescription for type II diabetes mellitus
2. Explain the concept of health & physical fitness. Explain assessment of flexibility.

**SHORT ESSAY**

**6 X 10 = 60 Marks**

3. Explain in detail properties of ligament tissue & related mechanics
4. Assessment of fatigue
5. Explain Importance of ergonomics in occupational health with relevant examples.
6. Explain biomechanics of normal respiratory movements
7. Explain physiology of normal neuromuscular junction transmission
8. Explain cardiovascular conditioning effect following exercise training

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