



[AHS 0321]

MARCH 2021

Sub. Code: 2802

(AUGUST 2020 EXAM SESSION)

B.Sc. FITNESS AND LIFESTYLE MODIFICATION

FIRST YEAR (Regulation 2017-2018 & 2019-2020)

PAPER II – EXERCISE PHYSIOLOGY AND FITNESS ASSESSMENT

Q.P. Code : 802802

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(3 x 10 = 30)

1. What are the various factors that affect performance?
2. Define and explain Glycolysis.
3. Explain about principles of training.

II. Write notes on:

(8 x 5 = 40)

1. Explain Resting Metabolic Rate.
2. Define Range of Motion and factors affecting the joint range.
3. What are the various lung Volumes?
4. What is oxygen debt?
5. What are the various types of muscle fibres?
6. Explain Sliding filament theory.
7. Explain Electron Transport Chain.
8. Explain Onset of Blood Lactate Accumulation.

III. Short answers on:

(10 x 3 = 30)

1. Define Golgi Tendon organ.
2. What is Hyperplasia?
3. Define Cardiac cycle.
4. Define All or None Law.
5. What is Blood Pressure?
6. What are the sources of energy for muscle?
7. Explain the function of Pituitary Gland.
8. Define Micronutrients.
9. Define Syncope.
10. Explain about the importance of water in the body.

