



[AHS 0321]

MARCH 2021

Sub. Code: 2812

(AUGUST 2020 EXAM SESSION)

B.Sc. FITNESS AND LIFESTYLE MODIFICATION

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

PAPER II – FITNESS FOR LIFESTYLE DISEASES - PART I

Q.P. Code : 802812

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(3 x 10 = 30)

1. Enlist the invasive interventions in the management of coronary artery disease. Discuss the exercise prescription for cardiac patients.
2. Discuss the exercise based treatment guidelines for a 40 year old male with primary hypertension.
3. What is polycystic ovarian syndrome? Discuss the role of exercise in polycystic ovarian syndrome.

II. Write notes on:

(8 x 5 = 40)

1. Fall prevention program in elderly.
2. Strength training versus Resistance training.
3. Bone mass assessment.
4. Exercise training and lipoproteins.
5. ECG interpretation in coronary artery disease.
6. Acute cardiac responses to exercise.
7. Types of Angina.
8. Gestational diabetes.

III. Short answers on:

(10 x 3 = 30)

1. Echocardiography.
2. Diabetic nephropathy.
3. Examples of Aerobic exercise.
4. Hypertrophy and hyperplasia.
5. Osteoporosis.
6. Normal blood sugar levels.
7. Diabetic retinopathy.
8. Buerger's disease.
9. Cardiac rehabilitation.
10. Types of obesity.

