

**[AHS 0321]****MARCH 2021****Sub. Code: 2813****(AUGUST 2020 EXAM SESSION)****B.Sc. FITNESS AND LIFESTYLE MODIFICATION****SECOND YEAR (Regulation 2017-2018 & 2019-2020)****PAPER III – STRENGTH AND CONDITIONING FOR FITNESS*****Q.P. Code : 802813*****Time: Three hours****Answer ALL Questions****Maximum: 100 Marks****I. Elaborate on:****(3 x 10 = 30)**

1. Define fitness. What is health and skill related fitness? Elaborate health benefits and performance benefits of training.
2. Explain function of cardiorespiratory system. Effects of training on cardiorespiratory system.
3. Mention different kinds of training. Safety and precautions during different kinds of training.

II. Write notes on:**(8 x 5 = 40)**

1. Write notes on types of muscle contraction.
2. Write notes on benefits of training on nervous system.
3. Write notes on Golgi tendons and muscles spindles Vs training.
4. Write notes on effects of insulin secretion and exercise.
5. What is basal metabolic rate? Effects of exercise on basal metabolic rate.
6. Write notes on principles of strength training.
7. Write notes on role of warmup and cool down on injury prevention.
8. Write notes on training using free weights.

III. Short answers on:**(10 x 3 = 30)**

1. What are the difference between weight training and body building?
2. What is endurance? What is the relationship between muscular and cardiovascular endurance?
3. Write short notes on importance and variation of giving rest during training.
4. Write short notes on bone remodelling and exercise.
5. Write short notes on effects of exercise on heart rate.
6. Write short notes on flexibility.
7. Write short notes on training using machines.
8. Write short notes various types of aerobic exercises and benefits.
9. Write short notes on training using resistance tubes.
10. Write short notes on training and balance.

