

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 0222]

**FEBRUARY 2022
(OCTOBER 2021 EXAM SESSION)**

Sub. Code: 2002

**M.Sc. SPORTS AND FITNESS NUTRITION
FIRST YEAR (Candidates admitted from 2018-2019 & 2020-2021 onwards)
PAPER II – EXERCISE PHYSIOLOGY FOR SPORTS AND FITNESS
*Q.P. Code : 282002***

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate notes on:

(2 x 20 = 40)

1. Write in detail about the transport of oxygen in human body .Add a note on oxygen debt.
2. Describe in elaborate the cardiorespiratory changes during exercise. Add a note on VO2 Max.

II. Write Short Notes on:

(10x6 = 60)

1. Energy utilization during and recovery from exercises.
2. Positive feedback in homeostasis.
3. Reflex action.
4. Functions of Vestibular apparatus.
5. Regulation of local blood flow during exercise.
6. Muscle Atrophy.
7. Physiological actions of thyroid hormones.
8. Cold acclimitazation.
9. Extracellular Buffers.
10. Types of skeletal muscle fibers.

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