

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

[AHS 0921]

**SEPTEMBER 2021
(MAY 2021 EXAM SESSION)**

Sub. Code: 2012

**M.Sc. SPORTS AND FITNESS NUTRITION
FIRST YEAR (From 2018-2019 onwards)
PAPER II – FITNESS NUTRITION FOR LIFESTYLE MODIFICATION
*Q.P. Code : 282012***

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate notes on:

(2 x 20 = 40)

1. Fitness nutrition for non clinical population.
2. Stages of yoga.

II. Write Short Notes on:

(10x6 = 60)

1. Flexibility training.
2. Role of minerals in bone health.
3. Bulimia nervosa and anorexia nervosa.
4. Dieting and weight cycling.
5. Nutrition in osteoporosis.
6. Bloating and indigestion in geriatrics.
7. Atkins diet.
8. Nutrition for indigenous dance.
9. Yoga scriptures.
10. Anatomy of spine.

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[AHS 0122]

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

Sub. Code: 2012

**M.Sc. SPORTS AND FITNESS NUTRITION
SECOND YEAR (From 2018-2019 onwards)
PAPER II – FITNESS NUTRITION FOR LIFESTYLE MODIFICATION
*Q.P. Code : 282012***

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate notes on:

(2 x 20 = 40)

1. Eating disorders and the health effects of eating disorders.
2. Nutrition for geriatric health.

II. Write Short Notes on:

(10x6 = 60)

1. Strength training.
2. Antioxidant role in fitness and health.
3. Theories of obesity.
4. Recommendations for weight gain.
5. Nutrition for cardiac patients in exercise rehabilitation.
6. Food allergies.
7. Paleo diet and keto diet.
8. Nutrition for martial artists.
9. Types of yoga.
10. Cobra and locust postures.

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[AHS 1022]

OCTOBER 2022

Sub. Code: 2012

**M.Sc. SPORTS AND FITNESS NUTRITION
SECOND YEAR (From 2018-2019 & 2020-2021 onwards)
PAPER II – FITNESS NUTRITION FOR LIFESTYLE MODIFICATION**

Q.P. Code : 282012

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate notes on:

(2 x 20 = 40)

1. Pathology of diabetes mellitus and nutrition for diabetics under exercise rehabilitation.
2. Nutritional requirements for dancers.

II. Write Short Notes on:

(10x6 = 60)

1. Scope of fitness nutrition.
2. Assessment of B complex vitamin status.
3. Kinanthropometry.
4. Assessment of body composition by DEXA.
5. Factors affecting nutritional needs for adolescent.
6. Nutrition in hypercholesterolemia.
7. Alternative nutrition.
8. Nutrition for army personnel.
9. Fundamentals of twisting.
10. Difference between yoga and tantra.
