

B.Sc. FITNESS AND LIFESTYLE MODIFICATION
(New Syllabus 2017-2018)

SECOND YEAR

PAPER II – FITNESS FOR LIFESTYLE DISEASES - PART I

Q.P. Code: 802812

Time: Three Hours

Maximum: 100 Marks

Answer all questions

I. Elaborate on:

(3 x 10 = 30)

1. Enlist the risk factors for coronary artery disease. Discuss the role of cardiac rehabilitation following coronary artery bypass grafting.
2. Define Hypertension. Explain in detail the patho-physiology and methods of fitness training for a 40 year old IT professional with primary hypertension.
3. Discuss in detail the complications of Diabetes Mellitus. Add a note on blood glucose regulation.

II. Write notes on:

(8 x 5 = 40)

1. Treatment guidelines for acute Myocardial Infarction.
2. Exercise stress testing.
3. Role of exercise in peripheral vascular disease.
4. Methods of bone mineral density assessment.
5. Causes for Poly Cystic Ovarian Syndrome.
6. Exercise training for Obesity.
7. Coronary arterial circulation.
8. Aerobic conditioning.

III. Short answers on:

(10 x 3 = 30)

1. Stable Angina pectoris.
2. Atherosclerosis.
3. Lipoproteins.
4. Body mass index.
5. Bone mineral density.
6. Types of bones.
7. Low back pain.
8. Coronary Angiography.
9. Arthritis.
10. Cardiac output.

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

[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.

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

[AHS 0222]

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

Sub. Code: 2812

**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. A 45 year old man known case of hypertension on beta blockers for the past 15 years with BMI 27.8 kg/m² has been referred for exercise prescription. Plan an exercise program for this client.
2. Explain in detail the benefits of exercise in polycystic ovarian syndrome.
3. Plan an exercise protocol for adolescent school children (male) who are involved in athletic sports activity.

II. Write notes on:

(8 x 5 = 40)

1. Cardiac enzymes in diagnosis.
2. Resistance exercise in hypertension.
3. Normal Electrocardiogram.
4. Differences between Type I Diabetes mellitus and Type II diabetes mellitus.
5. Buerger's exercises.
6. Assessment of peripheral arterial disease.
7. Exercise guidelines for a postmenopausal woman.
8. Interpretation of cardiopulmonary stress testing.

III. Short answers on:

(10 x 3 = 30)

1. Define stable angina.
2. Enumerate the non modifiable risk factors for coronary artery disease.
3. Define Ankle Brachial Index.
4. Members of Cardiac rehabilitation.
5. Define essential hypertension.
6. Normal values of Lipid profile.
7. Define acute coronary syndrome.
8. Oral Drugs for diabetes mellitus.
9. Causes for heart failure.
10. Define amenorrhea.

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

[AHS 0922]

SEPTEMBER 2022

Sub. Code: 2812

(FEBRUARY 2022 & AUGUST 2022 EXAM SESSIONS)

**B.Sc. FITNESS AND LIFESTYLE MODIFICATION
SECOND YEAR (Regulations from 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. What is Coronary Atherosclerosis? Discuss the various investigations in diagnosis of Coronary artery disease.
2. What is Peripheral arterial disease? Discuss the role of exercise rehabilitation for Peripheral arterial disease.
3. What is Bone mineral density? Discuss the methods of bone mass assessment and role of exercise in prevention of fall in elderly population.

II. Write notes on:

(8 x 5 = 40)

1. Lipid profile and fitness.
2. Role of resistance training in hypertension.
3. Classification of Hypertension.
4. Methods of strength training.
5. Cardiac rehabilitation team members.
6. Types of Obesity.
7. Role of exercise in Type 2 diabetes mellitus.
8. Aerobic conditioning.

III. Short answers on:

(10 x 3 = 30)

1. Bone remodeling.
2. Atherogenesis.
3. Myocardial perfusion.
4. Stroke volume.
5. Chronic heart failure.
6. Normal blood pressure.
7. DEXA scan.
8. Bone salts.
9. Oral hypo glycemc agents.
10. Types of muscle fibers.

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

[AHS 0423]

APRIL 2023

Sub. Code: 2812

**B.Sc. FITNESS AND LIFESTYLE MODIFICATION
SECOND YEAR (Regulations 2017-2018 & 2019-2020 onwards)
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. Exercise Guidelines for Diabetes Mellitus.
2. Exercise and Polycystic Ovarian Syndrome.
3. Role of Cardiac Rehabilitation.

II. Write notes on:

(8 x 5 = 40)

1. Acute Cardiac Response to Exercise.
2. ECG interpretation in CAD.
3. Post-menopausal disorder.
4. Exercise and Peripheral Arterial Disease.
5. Gestational Diabetes.
6. Coronary Angiography.
7. Cardiovascular Risk Reduction in Patients with Coronary Artery Disease.
8. Exercise for Osteoporosis prevention.

III. Short answers on:

(10 x 3 = 30)

1. Retinopathy.
2. Exercise ECG.
3. Autonomic Neuropathy.
4. Blood pressure.
5. Oestrogen.
6. Lipid Disorders.
7. Echocardiography.
8. Angina Pectoris.
9. Type II Diabetes Mellitus.
10. Body Composition.
