

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

FIRST YEAR

PAPER II – EXERCISE PHYSIOLOGY AND FITNESS ASSESSMENT

Q.P. Code: 802802

Time: Three Hours

Maximum: 100 Marks

Answer all questions

I. Elaborate on:

(3 x 10 = 30)

1. Explain about energy metabolism.
2. Explain about principles of training.
3. What are the various factors that affect performance?

II. Write notes on:

(8 x 5 = 40)

1. Explain Lactate threshold.
2. What are the various types of muscle contraction?
3. Explain Krebs's cycle.
4. What are the various lung capacities?
5. Explain Basal Metabolic Rate.
6. What is oxygen deficit?
7. Define Range of Motion and factors affecting the joint range.
8. Explain Sliding filament theory.

III. Short answers on:

(10 x 3 = 30)

1. Define Muscle Spindle.
2. What is Hypertrophy?
3. Body Composition.
4. Define Fatigue.
5. What is Cardiac Output?
6. Explain ATP-PC system.
7. What is Growth hormone?
8. Define Electrolytes.
9. Define Cramps.
10. Mention Skill related fitness components.
