

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

**[AHS 0424]**

**APRIL 2024**

**Sub. Code: 2821**

**B.Sc. FITNESS AND LIFESTYLE MODIFICATION  
THIRD YEAR – (Regulations 2017-2018 & 2019-2020 onwards)  
PAPER I – FITNESS FOR LIFE STYLE DISEASES PART II  
Q.P. Code: 802821**

**Time: Three Hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(3 x 10 = 30)**

1. Describe in detail about Cardio Pulmonary Adaptations to Dynamic Exercise.
2. Briefly discuss the mechanisms associating Physical Activity with Cancer incidence.
3. Discuss in detail Exercise Prescription and Planning in patients with Mental and Psychological disorders.

**II. Write notes on:**

**(8 x 5 = 40)**

1. Means of Energy Balance Control in Cancer patients.
2. Exercise prescription for Rheumatoid Arthritis.
3. Fatigue and its Management in Cancer patients.
4. Effects of Physical activity on Sex Hormones.
5. Design of Exercise Training Program for COPD patients.
6. Role of Exercise and Weight Management in Obesity.
7. Write a brief note on Pulmonary Circulation.
8. What are the various Pulmonary Assessment?

**III. Short answers on:**

**(10 x 3 = 30)**

1. What is Functional Residual Capacity?
2. Define Stroke.
3. Movements of Thorax.
4. What is Exercise Limitation in Lung disease?
5. Valsalva Manoeuvre.
6. What is Post partum depression?
7. What are the Risk factors for Cancer?
8. What are the complications of Obesity?
9. What are the essential factors in the management of Diabetes?
10. List the Chronic Obstructive Pulmonary Diseases.

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