

**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.

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