

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

SECOND YEAR

PAPER III – STRENGTH AND CONDITIONING FOR FITNESS

Q.P. Code: 802813

Time: Three Hours

Maximum: 100 Marks

Answer all questions

I. Elaborate on:

(3 x 10 = 30)

1. Define health... What is health related fitness? Explain the components of health-related fitness in detail.
2. Explain the principles of strength training and conditioning in detail.
3. How do you design a resistance training program for an individual and explain the components in detail?

II. Write notes on:

(8 x 5 = 40)

1. Write notes on components of skill related fitness.
2. What is Leverage? Write notes on orders of lever.
3. Write notes on muscular adaptations to training.
4. Write notes on effects of exercises on hormonal system.
5. Write notes on relationship between metabolism and body fat reduction.
6. Write notes on lung volumes and capacities.
7. Write notes on types of stretching.
8. Write notes on safety measures during weight training.

III. Short answers on:

(10 x 3 = 30)

1. What are the major benefits of strength training?
2. Define Kinetics, Kinematics and Torque.
3. What is neuron? Write short notes on structure and function of neuron.
4. Write short notes on effects of training on skeletal system.
5. What is cardiac output? Effect of exercise on cardiac output.
6. Write short notes on warm up.
7. Name few upper body, lower body, core exercises in terms of resistance training.
8. Write short notes on interval training.
9. Write short notes on Agonist and Antagonist.
10. Write short notes strength training using body weight.