

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

[AHS 0122]

**JANUARY 2022
(OCTOBER 2021 EXAM SESSION)**

Sub. Code: 2012

**M.Sc. SPORTS AND FITNESS NUTRITION
SECOND YEAR (From 2018-2019 onwards)
PAPER II – FITNESS NUTRITION FOR LIFESTYLE MODIFICATION
*Q.P. Code : 282012***

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate notes on:

(2 x 20 = 40)

1. Eating disorders and the health effects of eating disorders.
2. Nutrition for geriatric health.

II. Write Short Notes on:

(10x6 = 60)

1. Strength training.
2. Antioxidant role in fitness and health.
3. Theories of obesity.
4. Recommendations for weight gain.
5. Nutrition for cardiac patients in exercise rehabilitation.
6. Food allergies.
7. Paleo diet and keto diet.
8. Nutrition for martial artists.
9. Types of yoga.
10. Cobra and locust postures.
