

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

[AHS 0321]

MARCH 2021

Sub. Code: 2102

(OCTOBER 2020 EXAM SESSION)

M.Sc. SPORTS AND FITNESS PSYCHOLOGY

FIRST YEAR (From 2018-2019 onwards)

PAPER II – EXERCISE PHYSIOLOGY FOR SPORTS AND FITNESS

Q.P. Code : 282102

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate notes on:

(2 x 20 = 40)

1. Write in detail about the structure, the mechanism of excitation –contraction coupling mechanisms with a neat labeled diagram. Add a note on muscle atrophy.
2. Describe in elaborate the circulatory and respiratory changes during exercise. Add a note on heart rate in trained athletes.

II. Write Short Notes on:

(10x6 = 60)

1. Metabolic responses during and recovery from exercises.
2. Negative feedback in homeostasis.
3. Reflex arc.
4. Functions of cerebellum.
5. Factors regulating arterial blood pressure.
6. Importance of acid-base regulation during exercise.
7. Glucose homeostasis.
8. Body temperature regulation.
9. Endurance training.
10. Pulmonary volumes and capacities.
