

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

[AHS 0921]

**SEPTEMBER 2021  
(MAY 2021 EXAM SESSION)**

**Sub. Code: 2012**

**M.Sc. SPORTS AND FITNESS NUTRITION  
FIRST 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. Fitness nutrition for non clinical population.
2. Stages of yoga.

**II. Write Short Notes on:**

**(10x6 = 60)**

1. Flexibility training.
2. Role of minerals in bone health.
3. Bulimia nervosa and anorexia nervosa.
4. Dieting and weight cycling.
5. Nutrition in osteoporosis.
6. Bloating and indigestion in geriatrics.
7. Atkins diet.
8. Nutrition for indigenous dance.
9. Yoga scriptures.
10. Anatomy of spine.

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**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.

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

**[AHS 1022]**

**OCTOBER 2022**

**Sub. Code: 2012**

**M.Sc. SPORTS AND FITNESS NUTRITION  
SECOND YEAR (From 2018-2019 & 2020-2021 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. Pathology of diabetes mellitus and nutrition for diabetics under exercise rehabilitation.
2. Nutritional requirements for dancers.

**II. Write Short Notes on:**

**(10x6 = 60)**

1. Scope of fitness nutrition.
2. Assessment of B complex vitamin status.
3. Kinanthropometry.
4. Assessment of body composition by DEXA.
5. Factors affecting nutritional needs for adolescent.
6. Nutrition in hypercholesterolemia.
7. Alternative nutrition.
8. Nutrition for army personnel.
9. Fundamentals of twisting.
10. Difference between yoga and tantra.

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

**[AHS 0524]**

**MAY 2024**

**Sub. Code: 2012**

**M.Sc. SPORTS AND FITNESS NUTRITION  
SECOND YEAR (From 2020-2021 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. Pathology of obesity – nutrition and exercise for the obese towards fitness.
2. Fitness and nutrition in Asthmatics.

**II. Write Short Notes on:**

**(10x6 = 60)**

1. Dieting and its types, benefits.
2. Vitamin D – Assessment, deficiency and symptoms.
3. Diet and nutritional need for weight lifting.
4. Warm up, Cooling down exercise and its importance.
5. Training of Sprinters and Marathon runners.
6. Explain Yoga in terms of flexibility and fitness.
7. Aerobic training and fitness.
8. Importance of cholesterol in health and fitness.
9. Role of micro nutrients in health and fitness.
10. Nutritional requirements for sedentary workers.

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

**[AHS 1024]**

**OCTOBER 2024**

**Sub. Code: 2012**

**M.Sc. SPORTS AND FITNESS NUTRITION  
SECOND YEAR (From 2020-2021 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. Write about ideal body composition and its maintenance for fitness.
2. Breathing in Yoga, health and fitness.

**II. Write Short Notes on:**

**(10x6 = 60)**

1. Fitness of weight lifters.
2. Exercises intervention in lifestyle disorders.
3. Nutrition for Uniformed service men.
4. Fitness in wheel chair athletes.
5. Fitness nutrition.
6. Anti-oxidants role in fitness and health.
7. Eating disorders.
8. Nutrition for diabetes.
9. Life style disorders and nutrition.
10. Nutrition plan for martial artists.

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

**[AHS 0525]**

**MAY 2025**

**Sub. Code: 2012**

**M.Sc. SPORTS AND FITNESS NUTRITION  
SECOND YEAR (From 2020-2021 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. Nutrition for uniform services.
2. Pathology of osteoporosis, exercise intervention and nutrition in osteoporosis.

**II. Write Short Notes on:**

**(10x6 = 60)**

1. Definition and scope of fitness nutrition.
2. Anaerobic training.
3. Carbohydrate metabolism.
4. Role of antioxidants in fitness.
5. Nutrition for exercising homemakers.
6. Recommendations for gaining weight.
7. Exercise intervention for diabetics.
8. Nutrition for martial artists.
9. Physiology of breathing.
10. Locust and prone boat postures.

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

**[AHS 1025]**

**OCTOBER 2025**

**Sub. Code: 2012**

**M.Sc. SPORTS AND FITNESS NUTRITION  
SECOND YEAR (From 2020-2021 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. Explain in detail the eating disorders and its health effects.
2. Fitness nutrition for non-clinical population.

**II. Write Short Notes on:**

**(10x6 = 60)**

1. Write about the different energy systems.
2. Bulimia nervosa.
3. Explain type 1 diabetes.
4. Ayurveda.
5. What is pranayama?
6. Fitness nutrition in osteopenia and osteoporosis.
7. Nutrition for geriatrics.
8. Kinanthropometry.
9. Strength training.
10. Cancer nutrition.

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