

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

[LR 1220]

**DECEMBER 2020
(AUGUST 2020 EXAM SESSION)**

Sub. Code: 2821

**BACHELOR IN FITNESS AND LIFESTYLE MODIFICATION
THIRD YEAR – (Regulations from 2017-2018 & 2019-2020)
PAPER I – FITNESS FOR LIFE STYLE DISEASES PART 2
*Q.P. Code: 802821***

Time: Three Hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(3 x 10 = 30)

1. Write in Detail about Pulmonary adaptation to Dynamic Exercise.
2. Write in detail about the etiology, pathology, symptoms, exercise testing and training for Cerebrovascular Accident.
3. Write in detail about exercise testing and prescription for Spinal Cord Injury.

II. Write notes on:

(8 x 5 = 40)

1. What is the Ventilatory Response to Exercise?
2. What is Obstructive Sleep Apnea?
3. Write notes on Obesity and Insulin Resistance.
4. What are the Cardiovascular Responses to Exercise?
5. How to Promote Physical Activity in Cancer Survivors?
6. What is Pulmonary Hemodynamics?
7. What are the Psychological Benefits of Exercise Programs?
8. Describe Cerebral Palsy.

III. Short answers on:

(10 x 3 = 30)

1. Define Expiratory Reserve Volume?
2. What are the four common factors in Depression?
3. Explain FITT Principle?
4. What is the Total Lung Capacity?
5. What do you mean by Bipolar disorder?
6. Explain Pulmonary Ventilation?
7. What is Residual Lung Volume?
8. Explain Gower sign?
9. What is Hyperventilation?
10. What is Valsalva Maneuver?

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

[AHS 0922]

SEPTEMBER 2022

Sub. Code: 2821

(FEBRUARY 2022 & AUGUST 2022 EXAM SESSIONS)

**B.Sc. FITNESS AND LIFESTYLE MODIFICATION
THIRD YEAR – (Regulations from 2017-2018 & 2019-2020)
PAPER I – FITNESS FOR LIFE STYLE DISEASES PART 2
Q.P. Code: 802821**

Time: Three Hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(3 x 10 = 30)

1. Describe the plan of exercise prescription for Adolescent Obesity.
2. Write about Gas Exchange and Transport of Gases in Normal Respiration.
3. Write in detail about Exercise testing and Exercise Prescription for Cerebral Palsy.

II. Write notes on:

(8 x 5 = 40)

1. Describe the etiology, clinical features and risk factors of Stroke.
2. How to promote Physical activity in Cancer survivor?
3. Explain Pulmonary Function Testing.
4. What is Obstructive Sleep Apnea?
5. What are the psychological benefits of Exercise Program?
6. What is Ventilatory Threshold?
7. What are the Physiological changes following Endurance Exercises?
8. What is Hypo Ventilation Syndrome?

III. Short answers on:

(10 x 3 = 30)

1. What is Tidal volume?
2. What are the four common factors in Depression?
3. How to record Blood pressure and its Normal volume?
4. What is Minute Ventilation?
5. List the risk factors for Cancer.
6. What are the clinical features of Diabetes?
7. Define Stroke.
8. List the types of Cerebral palsy.
9. What is Resistance training?
10. List the special considerations for Exercise Training.

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

[AHS 0423]

APRIL 2023

Sub. Code: 2821

**B.Sc. FITNESS AND LIFESTYLE MODIFICATION
THIRD YEAR – (Regulations 2017-2018 & 2019-2020 onwards)
PAPER I – FITNESS FOR LIFE STYLE DISEASES PART II
*Q.P. Code: 802821***

Time: Three Hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(3 x 10 = 30)

1. Discuss in detail Exercise Tolerance and designing of Endurance Training Programme in COPD.
2. Describe in detail about the Role of Exercise and Weight Management in Cancer.
3. Explain the steps involved in Exercise prescription for Muscular Dystrophy.

II. Write notes on:

(8 x 5 = 40)

1. Pulmonary Function Testing.
2. Clinical features of Metabolic Syndrome.
3. Quality of Life in survivors of Cancer.
4. Cardio vascular responses to Exercise.
5. Hormonal mechanism on Obesity.
6. Characteristics of effective Endurance Training Program.
7. Physical activity and mental health.
8. Normal ventilatory Mechanism.

III. Short answers on:

(10 x 3 = 30)

1. Clinical features of Rheumatoid Arthritis.
2. Causes of Cerebral palsy.
3. What is FITT principle?
4. What is Total Lung Capacity?
5. What is Bipolar Disorder?
6. What is Gower's sign?
7. List the Sex hormones.
8. What is Basal Metabolic Rate?
9. What is the formula to Calculate BMI?
10. Define Asthma.

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

[AHS 0424]

APRIL 2024

Sub. Code: 2821

**B.Sc. FITNESS AND LIFESTYLE MODIFICATION
THIRD YEAR – (Regulations 2017-2018 & 2019-2020 onwards)
PAPER I – FITNESS FOR LIFE STYLE DISEASES PART II
Q.P. Code: 802821**

Time: Three Hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(3 x 10 = 30)

1. Describe in detail about Cardio Pulmonary Adaptations to Dynamic Exercise.
2. Briefly discuss the mechanisms associating Physical Activity with Cancer incidence.
3. Discuss in detail Exercise Prescription and Planning in patients with Mental and Psychological disorders.

II. Write notes on:

(8 x 5 = 40)

1. Means of Energy Balance Control in Cancer patients.
2. Exercise prescription for Rheumatoid Arthritis.
3. Fatigue and its Management in Cancer patients.
4. Effects of Physical activity on Sex Hormones.
5. Design of Exercise Training Program for COPD patients.
6. Role of Exercise and Weight Management in Obesity.
7. Write a brief note on Pulmonary Circulation.
8. What are the various Pulmonary Assessment?

III. Short answers on:

(10 x 3 = 30)

1. What is Functional Residual Capacity?
2. Define Stroke.
3. Movements of Thorax.
4. What is Exercise Limitation in Lung disease?
5. Valsalva Manoeuvre.
6. What is Post partum depression?
7. What are the Risk factors for Cancer?
8. What are the complications of Obesity?
9. What are the essential factors in the management of Diabetes?
10. List the Chronic Obstructive Pulmonary Diseases.
