

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

[LR 1220]

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

Sub. Code: 2822

**BACHELOR IN FITNESS AND LIFESTYLE MODIFICATION
THIRD YEAR – (Regulations from 2017-2018 & 2019-2020)
PAPER II – FITNESS FOR WOMEN, CHILDREN AND ELDERLY
Q.P. Code: 802822**

Time: Three Hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(3 x 10 = 30)

1. Describe safe and effective exercise training techniques.
2. Explain in detail on special considerations on giving fitness for 4th month pregnancy to postpartum.
3. Describe the differences in the metabolic and cardio-respiratory responses to exercise between children and adults.

II. Write notes on:

(8 x 5 = 40)

1. Describe program design considerations for children and adolescents.
2. Explain the training principle in young athlete.
3. Write about the effects of menstrual cycle on Performance.
4. What are the complications of exercise-associated menstrual cycle irregularities?
5. What happens during Puberty?
6. Write notes on Poly cystic ovarian syndrome.
7. What are the Common Negative Myths about Aging?
8. Explain about the physiology of elderly.

III. Short answers on:

(10 x 3 = 30)

1. Explain importance of balance training in elderly.
2. What is endocrine system and functions?
3. Explain aerobic endurance training in female 100mts athlete.
4. Explain DEXA.
5. What are the nutritional requirements for growth in active child?
6. Define Dysmenorrhea.
7. Define Premenstrual syndrome.
8. What are the contra indications to Estrogen Therapy?
9. What is the Role of Pelvic floor in Continence?
10. Define Osteoporosis.

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

[AHS 0122]

JANUARY 2022

Sub. Code: 2822

(FEBRUARY 2021 & AUGUST 2021 EXAM SESSION)

**B.Sc. FITNESS AND LIFESTYLE MODIFICATION
THIRD YEAR – (Regulations from 2017-2018 & 2019-2020)
PAPER II – FITNESS FOR WOMEN, CHILDREN AND ELDERLY
Q.P. Code: 802822**

Time: Three Hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(3 x 10 = 30)

1. Describe the problem of physical inactivity and obesity in today's youth.
2. Describe how aging contributes to declines in the body's physiological systems, including the neuromuscular, skeletal, and cardio metabolic systems.
3. Describe the neuromuscular adaptations to resistance training in children and adolescents.

II. Write notes on:

(8 x 5 = 40)

1. Mention the health- and fitness-related benefits of regular physical activity in youth.
2. List critical concepts related to physical function and disability with advancing age.
3. Explain Puberty and physical activity.
4. Describe Stages of Maturation.
5. Common Negative Myths about Aging.
6. Write notes on Prevention of osteoporosis.
7. What are the actions of Estrogen?
8. What are the guidelines for exercise during pregnancy?

III. Short answers on:

(10 x 3 = 30)

1. Define Osteopenia.
2. What is Hypertrophy?
3. Explain Disordered Eating.
4. Define Anorexia Nervosa.
5. What does Androgen do?
6. How to apply FITT principles on 10 year old boy?
7. What do you mean by Menopause?
8. What is the Role of Pelvic floor in Continence?
9. What are the advantages of Exercise during Pregnancy?
10. Define primary aging and secondary aging

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

[AHS 0922]

SEPTEMBER 2022

Sub. Code: 2822

(FEBRUARY 2022 & AUGUST 2022 EXAM SESSIONS)

**B.Sc. FITNESS AND LIFESTYLE MODIFICATION
THIRD YEAR – (Regulations from 2017-2018 & 2019-2020)
PAPER II – FITNESS FOR WOMEN, CHILDREN AND ELDERLY
Q.P. Code: 802822**

Time: Three Hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(3 x 10 = 30)

1. Describe the influence of growth and development on physiological functions.
2. What are the health and fitness-related benefits of regular physical activity in youth?
3. Explain the acute and chronic effects of exercise in aging individuals.

II. Write notes on:

(8 x 5 = 40)

1. What are the considerations for conducting exercise testing with older individuals?
2. What are the critical concepts related to physical function and disability with advancing age?
3. What are the age-appropriate strategies to promote physical activity in youth with different needs, goals and abilities?
4. Explain physiology of elderly.
5. What are the contra- indications to aerobic exercises during pregnancy?
6. Describe Stages of Maturation.
7. Explain Puberty and physical activity.
8. Write about the effects of menstrual cycle on performance.

III. Short answers on:

(10 x 3 = 30)

1. Define Sarcopenia.
2. Define Osteoporosis.
3. What is Amenorrhea?
4. What is Bulimia Nervosa?
5. Define the role of Estrogen.
6. Define primary aging and secondary aging.
7. What are the actions of Progesterone?
8. What is the FITT for Elderly people?
9. Write notes on Disordered Eating.
10. What is the Role of Pelvic floor in Continence?

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

[AHS 0423]

APRIL 2023

Sub. Code: 2822

**B.Sc. FITNESS AND LIFESTYLE MODIFICATION
THIRD YEAR – (Regulations 2017-2018 & 2019-2020 onwards)
PAPER II – FITNESS FOR WOMEN, CHILDREN AND ELDERLY
Q.P. Code: 802822**

Time: Three Hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(3 x 10 = 30)

1. Describe in detail the Exercise prescription for Childhood Obesity.
2. Explain the effect of exercise in Polycystic Ovarian Syndrome.
3. Elaborate on Flexibility training in Elderly.

II. Write notes on:

(8 x 5 = 40)

1. Bone mass changes with age.
2. Effect of Pregnancy on Musculoskeletal system.
3. Prevention of Gestational Diabetes.
4. Female reproductive system.
5. Antenatal exercises.
6. Role of Hormones in menstrual cycle.
7. Nutritional requirement for exercise.
8. Falls in elderly.

III. Short answers on:

(10 x 3 = 30)

1. Define Ovulation.
2. Define Dysmenorrhea.
3. Prevention of Osteoporosis.
4. Nutritional counseling.
5. Skeletal muscle adaptations to exercise.
6. Endurance training.
7. Basal Metabolic Rate.
8. What are the nutritional concerns experienced by female athlete?
9. Bone Mineral Density.
10. Role of Vitamin-D in bone health.

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

[AHS 0424]

APRIL 2024

Sub. Code: 2822

**B.Sc. FITNESS AND LIFESTYLE MODIFICATION
THIRD YEAR – (Regulations 2017-2018 & 2019-2020 onwards)
PAPER II – FITNESS FOR WOMEN, CHILDREN AND ELDERLY
Q.P. Code: 802822**

Time: Three Hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on: (3 x 10 = 30)

1. Discuss in detail Role of Balance training in Prevention of fall in Elderly.
2. Flexibility training during Pregnancy and Special precautions to be taken.
3. Enumerate in detail importance of Fitness in Female Athlete. Add a note on different training strategies.

II. Write notes on: (8 x 5 = 40)

1. Female sex hormones.
2. Physical changes after menopause.
3. Hypertension in Elderly.
4. Postural advices during pregnancy.
5. Pelvic floor muscles strengthening exercises.
6. Effect of Immobilization on elderly.
7. Common symptoms of Polycystic Ovarian syndrome.
8. Challenges in improving mobility in elderly.

III. Short answers on: (10 x 3 = 30)

1. Define Menarche.
2. Nutritional concerns of adolescent competitor.
3. Pilates training in Pregnancy.
4. Urinary Incontinence.
5. Bad lifestyle changes that can increase risk of osteoporosis.
6. Effect of strength training for bone development.
7. Endurance Exercise.
8. Define Hirsutism.
9. Hyperthyroidism in women.
10. Physical changes during adolescence.
