

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

[AHS 0423]

APRIL 2023

Sub. Code: 2812

**B.Sc. FITNESS AND LIFESTYLE MODIFICATION
SECOND YEAR (Regulations 2017-2018 & 2019-2020 onwards)
PAPER II – FITNESS FOR LIFESTYLE DISEASES - PART I
Q.P. Code: 802812**

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(3 x 10 = 30)

1. Exercise Guidelines for Diabetes Mellitus.
2. Exercise and Polycystic Ovarian Syndrome.
3. Role of Cardiac Rehabilitation.

II. Write notes on:

(8 x 5 = 40)

1. Acute Cardiac Response to Exercise.
2. ECG interpretation in CAD.
3. Post-menopausal disorder.
4. Exercise and Peripheral Arterial Disease.
5. Gestational Diabetes.
6. Coronary Angiography.
7. Cardiovascular Risk Reduction in Patients with Coronary Artery Disease.
8. Exercise for Osteoporosis prevention.

III. Short answers on:

(10 x 3 = 30)

1. Retinopathy.
2. Exercise ECG.
3. Autonomic Neuropathy.
4. Blood pressure.
5. Oestrogen.
6. Lipid Disorders.
7. Echocardiography.
8. Angina Pectoris.
9. Type II Diabetes Mellitus.
10. Body Composition.
