

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

**[AHS 0423]**

**APRIL 2023**

**Sub. Code: 2823**

**B.Sc. FITNESS AND LIFESTYLE MODIFICATION  
THIRD YEAR – (Regulations 2017-2018 & 2019-2020 onwards)  
PAPER III – STRENGTH AND CONDITIONING FOR SPORTS  
*Q.P. Code: 802823***

**Time: Three Hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(3 x 10 = 30)**

1. Compatibility between High Intensity Aerobic and Anaerobic exercises. Also explain about the Aerobic Endurance Training in hot and cold environments.
2. Define Plyometric training, its components and add a note on designing a Plyometric program to basketball players.
3. Define Periodization and its basic models with examples.

**II. Write notes on:**

**(8 x 5 = 40)**

1. Baseline sports fitness testing.
2. Types of Plyometric exercises.
3. Speed endurance training.
4. Exercise selection in Plyometrics.
5. Tapering in Periodization.
6. Periodization for a power athlete in a team sport.
7. Difference between depth and clap push-ups in Plyometrics.
8. Overspeed training.

**III. Short answers on:**

**(10 x 3 = 30)**

1. Macrocycles in Periodization.
2. Define Agility.
3. Define Stamina.
4. Foot contact in Plyometric training.
5. Periodization of aerobic endurance training.
6. Sand bag thrusts.
7. Define speed and how it is measured?
8. Types of hops in Plyometrics.
9. Sprinting mechanics.
10. Symptoms of hot and cold stress.

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