

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

[AHS 0424]

APRIL 2024

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. Write about Aerobic training. What are the factors affecting Aerobic endurance performance? Write about the types of Aerobic Endurance training workouts (e.g. Long Slow Distance, Interval training etc.).
2. What are the components of Agility? Write in detail the three main types of Agility drills.
3. How will you Design Periodised training program for Foot Ball?

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

1. Explain Quickness drills.
2. Altitude training.
3. VO₂ max.
4. What is Linear Periodisation?
5. Explain Core training.
6. Define SAID principle.
7. Explain Bio-energetics of quickness.
8. Explain the Performance restoration Pyramid.

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

1. What is “Repeat Sprint Ability”?
2. Define Reaction time.
3. Define Speed.
4. Depth Jump.
5. Standing Medicine Ball Chest Pass.
6. Snatch.
7. Tuck jump.
8. What do you mean by react and sprint?
9. What are the effects of tennis ball drop?
10. Reverse Linear Periodisation.
