

B.Sc. FITNESS AND LIFESTYLE MODIFICATION
(New Syllabus 2017-2018)

FIRST YEAR

PAPER II – EXERCISE PHYSIOLOGY AND FITNESS ASSESSMENT

Q.P. Code: 802802

Time: Three Hours

Maximum: 100 Marks

Answer all questions

I. Elaborate on:

(3 x 10 = 30)

1. Define glycolysis. Explain anaerobic and aerobic glycolysis.
2. Describe the Conduction System of Heart.
3. Describe various processes in active and passive transport.

II. Write notes on:

(8 x 5 = 40)

1. Draw a diagram of mitochondria and tabulate its parts with its function in cellular respiration.
2. Explain fat breakdown.
3. What are the types of membrane protein and its function?
4. Define blood pressure and list the factors affecting blood pressure.
5. What are the types of skeletal muscle contractions?
6. Define range of motion in a joint and factors affecting joint range.
7. Define muscle strength and add note on muscular endurance.
8. Explain overload principle, specificity and progression in training.

III. Short answers on:

(10 x 3 = 30)

1. What Controls the Heart Rate?
2. Define Lactate Threshold.
3. What are the types of muscle fibres?
4. What are the types of glycogen stores in body?
5. Mention health related fitness components.
6. Define Body Mass Index.
7. Define tidal volume, residual volume and dead space.
8. What is basal metabolic rate?
9. Name any three conditions due to extreme heat.
10. Define anthropometric measurement.