

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

**[AHS 0222]**

**FEBRUARY 2022  
(AUGUST 2021 EXAM SESSION)**

**Sub. Code: 2812**

**B.Sc. FITNESS AND LIFESTYLE MODIFICATION  
SECOND YEAR (Regulation 2017-2018 & 2019-2020)  
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. A 45 year old man known case of hypertension on beta blockers for the past 15 years with BMI 27.8 kg/m<sup>2</sup> has been referred for exercise prescription. Plan an exercise program for this client.
2. Explain in detail the benefits of exercise in polycystic ovarian syndrome.
3. Plan an exercise protocol for adolescent school children (male) who are involved in athletic sports activity.

**II. Write notes on:**

**(8 x 5 = 40)**

1. Cardiac enzymes in diagnosis.
2. Resistance exercise in hypertension.
3. Normal Electrocardiogram.
4. Differences between Type I Diabetes mellitus and Type II diabetes mellitus.
5. Buerger's exercises.
6. Assessment of peripheral arterial disease.
7. Exercise guidelines for a postmenopausal woman.
8. Interpretation of cardiopulmonary stress testing.

**III. Short answers on:**

**(10 x 3 = 30)**

1. Define stable angina.
2. Enumerate the non modifiable risk factors for coronary artery disease.
3. Define Ankle Brachial Index.
4. Members of Cardiac rehabilitation.
5. Define essential hypertension.
6. Normal values of Lipid profile.
7. Define acute coronary syndrome.
8. Oral Drugs for diabetes mellitus.
9. Causes for heart failure.
10. Define amenorrhea.

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