

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

[AHS 0122]

JANUARY 2022

Sub. Code: 2823

(FEBRUARY 2021 & AUGUST 2021 EXAM SESSION)

**B.Sc. FITNESS AND LIFESTYLE MODIFICATION
THIRD YEAR – (Regulations from 2017-2018 & 2019-2020)
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. Describe Plyometric training - definition, physiology & exercise selection with examples.
2. What is the Skill related Fitness Components? What are the components of Sprinting? Write in detail about training modalities in Sprint/Speed training.
3. Explain in Detail about Functional Movement screening.

II. Write notes on:

(8 x 5 = 40)

1. Explain Deceleration/Stopping (in quickness & agility).
2. What is Aerobic Endurance?
3. Explain Thermoregulation in Humans training in hot environments.
4. Write notes on Economy of motion / Running economy?
5. Explain Balance training.
6. Explain Live High Train Low.
7. Describe Stretch Shortening Cycle.
8. What is the basic training Principles?

III. Short answers on:

(10 x 3 = 30)

1. Short notes on clap pushups?
2. Define Acceleration.
3. Define Power.
4. Short notes on Agility Ladder?
5. What is vertical Jump Test?
6. Define coordination.
7. How to perform in-line lunge?
8. Define flexibility.
9. Differentiate endurance vs power sports.
10. Short notes on power clean?
