

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

[AHS 0321]

MARCH 2021

Sub. Code: 3802

(OCTOBER 2020 EXAM SESSION)

POST GRADUATE DIPLOMA IN EXERCISE PHYSIOLOGY IN SPORTS AND FITNESS

(From 2018-2019 onwards)

PAPER II – ASSESSMENTS AND INTERPRETATION IN EXERCISE PHYSIOLOGY

Q.P. Code : 363802

Time : Three hours

Answer ALL Questions

Maximum : 100 Marks

I. Elaborate notes on:

(2 x 20 = 40)

1. Methods of measuring body composition.
2. Laboratory assessment of human performance.

II. Write Short Notes on:

(10x6 = 60)

1. Components of fitness.
2. Muscular strength.
3. Canadian home fitness test.
4. Sit & Reach test.
5. ALPHA FIT battery.
6. Lactate threshold.
7. Broad jump test.
8. Ankle ROM testing.
9. Training in paediatric population.
10. Abalakov jump.
