

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

[AHS 0921]

**SEPTEMBER 2021
(MAY 2021 EXAM SESSION)**

Sub. Code: 2002

**M.Sc. SPORTS AND FITNESS NUTRITION
FIRST YEAR (From 2018-2019 onwards)
PAPER II – EXERCISE PHYSIOLOGY FOR SPORTS AND FITNESS
*Q.P. Code : 282002***

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate notes on:

(2 x 20 = 40)

1. Write in detail about the different forms of energy utilized during exercise and metabolic changes occurring both during and recovery phase of exercises.
2. Describe in elaborate the ventilatory control during various forms of exercises (mild, moderate and severe).

II. Write Short Notes on:

(10x6 = 60)

1. Excitation – contraction Coupling mechanism of skeletal muscle.
2. Feedback in homeostasis.
3. Muscle chemoreceptor.
4. Motor control functions of spinal cord.
5. Regulation of heat loss/gain during exercise.
6. Cardiac output.
7. Physiological actions of parathyroid hormones.
8. Oxygen Hemoglobin Dissociation Curve.
9. Intracellular Buffers.
10. Physiological Effects of Strength Training.
