

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

[AHS 0921]

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

**Sub. Code: 2012**

**M.Sc. SPORTS AND FITNESS NUTRITION  
FIRST YEAR (From 2018-2019 onwards)  
PAPER II – FITNESS NUTRITION FOR LIFESTYLE MODIFICATION  
*Q.P. Code : 282012***

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Elaborate notes on:**

**(2 x 20 = 40)**

1. Fitness nutrition for non clinical population.
2. Stages of yoga.

**II. Write Short Notes on:**

**(10x6 = 60)**

1. Flexibility training.
2. Role of minerals in bone health.
3. Bulimia nervosa and anorexia nervosa.
4. Dieting and weight cycling.
5. Nutrition in osteoporosis.
6. Bloating and indigestion in geriatrics.
7. Atkins diet.
8. Nutrition for indigenous dance.
9. Yoga scriptures.
10. Anatomy of spine.

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