

No. of Printed Pages: 1

Roll No.....

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DEPARTMENT OF PHYSIOTHERAPY
SCHOOL OF NURSING SCIENCES & ALLIED HEALTH**

**MPT 1st YEAR (CARDIO/MUSCULO/NEURO), ANNUAL EXAMINATION, MAY 2024
EXERCISE PHYSIOLOGY AND NUTRITION (THEORY)
PAPER CODE: MTC/M/N – 168**

Time: 3 Hours

Maximum Marks: 75 Marks

(Write your Roll No. on top of the paper immediately)

All sections are compulsory. Draw diagrams wherever necessary. Give examples wherever necessary.

SECTION – A

Answer any **FIVE** of the following:

(5 × 5 Marks = 25 Marks)

- Q1. Explain the physiological importance of warming up and cooling down during exercise.
- Q2. What is health related fitness? Describe the components of health-related fitness
- Q3. Define obesity. Elaborate upon the role of diet and exercise to get rid of obesity.
- Q4. Write down the benefits of altitude training in the performance of an athlete.
- Q5. Explain in detail the changes that occur in Respiratory system during exercise.
- Q6. Eating disorder in individuals/sportsperson.

SECTION - B

Answer any **TWO** of the following:

(2 × 10 Marks = 20 Marks)

- Q1. Define Balanced diet. Explain the electrolyte replacement and carbohydrate loading.
- Q2. Write in detail about aerobic & anaerobic training program.
- Q3. Discuss the synthesis, distribution, and conversion of lactic acid during exercise/ training.
- Q4. Discuss the procedure and quantitative methods in EMG examination.
- Q5. Discuss in detail the mechanisms of thermoregulation.

SECTION - C

Answer any **TWO** of the following:

(2 × 15 Marks = 30 Marks)

- Q1. Write a detailed note on the effects of exercise on cardiovascular health emphasizing on heart size, plasma volume, stroke volume, and cardiac output.
- Q2. Write notes on the following
 - a) Training for Asthmatics
 - b) Exercise during Pregnancy
- Q3. Discuss on energy metabolism. What do you understand by protein sparing?
