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School of Medical and Allied Sciences

Master of Physiotherapy Specialization in Cardiology
Mid Term Examination - May 2024

Duration : 90 Minutes

Max Marks : 50

Sem II - L2PB201T - Exercise Physiology and Nutrition*General Instructions*

Answer to the specific question asked

Draw neat, labelled diagrams wherever necessary

Approved data hand books are allowed subject to verification by the Invigilator

- 1) Compare the regulation of ventilation and blood pressure during exercise. K2 (2)
- 2) Define BMR and explain its variations during rest and activity. K1 (3)
- 3) Contrast ventilation during steady and non-steady rate exercise. K2 (4)
- 4) Illustrate the concept of cardiovascular drift. K2 (6)
- 5) Build a strength training program tailored to various age groups. K3 (6)
- 6) Construct a de-training plan for athletes. K3 (9)
- 7) Categorize the effects of dehydration and rehydration on exercise performance. K4 (8)
- 8) Analyse the differences between aerobic and anaerobic training. K4 (12)

OR

Conclusion: What are the key distinctions between aerobic and anaerobic exercises? K4 (12)