

School of Medical and Allied Sciences**Master of Physiotherapy Specialization in Cardiology
Summer Term Examination – July - August 2024****Duration : 180 Minutes
Max Marks : 100****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*

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| 1) | Choose one example of oxygen deficit and explain its implications. | K1(2) |
| 2) | Rephrase the role of muscle fiber types in exercise performance. | K2(4) |
| 3) | Summarize the changes in the anaerobic system with training. | K2(6) |
| 4) | Develop strategies to alleviate DOMS. | K3(9) |
| 5) | Experiment with nutritional interventions for enhancing training and performance. | K3(9) |
| 6) | Deduct factors influencing fitness testing outcomes. | K5(10) |
| 7) | Conclude which fitness tests are most suitable for special populations. | K4(12) |
| 8) | Award points to the most effective training strategies. | K5(15) |
| 9) | Assess the effectiveness of different dietary plans for endurance and strength training. | K5(15) |
| 10) | Compose a training regimen for a specific fitness goal. | K6(18) |