Registration No: | | | | | | | | | | |

Total Number of Pages: 01 Course: MPT

SUBJECT NAME: Exercise Physiology SUB_CODE: 23MPT201

(2st Year MPT) Supplementary Examination: 2023-24 (Admitted Batch)

BRANCH: ALLIED SCIENCES Q. CODE: A697

Max Time: 3 Hours Max Marks: 80 Sitting: 1st , 10.00 AM to 1.00 PM

Any Question having parts should be answered as whole at one place only.

Illustrate answer with diagrams wherever relevant / required if any)

The figures in the right-hand margin indicate marks.

Answer any 5 out of 7. Q8 is compulsory

Q 1	Discuss the concept of overtraining syndrome, its symptomatology and prevention strategy	(1 x 15 Marks)
Q 2	Discuss the importance of post exercise nutrition. what should be included in the post exercise meal to optimise recovery following a marathon race	(1 x 15 Marks)
Q 3	Describe the short term and long term adaptations to aerobic training.	(1 x 15 Marks)
Q 4	Discuss the effects of regular exercise on metabolic rate and body composition. What role does nutrition play in facilitating these effects?	(1 x 15 Marks)
Q 5	Explain the energy system utilised during different types of exercise.	(1 x 15 Marks)
Q 6	Discuss in detail the role of physical exercises in the management and prevention of diabetes mellitus	(1 x 15 Marks)
Q 7	Describe the role of fat in energy utilization during exercises. how does fat reserves contributes during endurance activities	(1 x 15 Marks)
Q 8		(5 x 1 Marks)

a) Role and source of carbohydrate

b) Physiological effect of exercise on cardiovascular system

c) Exercise and osteoporosis

d) Concept of caloric balance

e) BMI

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