

Registration No:

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Total Number of Pages: (01)

Course: MPT

SUBJECT NAME: Exercise Physiology

SUB_CODE: 23MPT201

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

BRANCH: All Branches

Q. CODE: A380

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 Write about hormonal responses to physical exercise in detail. (1 x 15 Marks)
- Q 2 Explain the circulatory responses to various types of physical exercise. (1 x 15 Marks)
- Q 3 Describe body temperature regulation during physical exercise and about heat illness. (1 x 15 Marks)
- Q 4 Elaborate on body composition, its significance, and measurement. (1 x 15 Marks)
- Q 5 Write in detail about the effects of strength training and factors influencing the training effects. (1 x 15 Marks)
- Q 6 Describe anaerobic and aerobic ATP synthesis in detail. (1 x 15 Marks)
- Q 7 Explain the various components of nutrition and metabolism. (1 x 15 Marks)
- Q 8 Write in brief (not more than 3 lines) (5 x 1 Marks)
- What is carbohydrate loading?
 - Define acidosis.
 - Define oxygen dissociation curve at altitude.
 - What is second wind in context to physical exercise.
 - What is EMT? Give an example with an activity.
