

# Question Paper

Exam Date & Time: 27-Jun-2022 (10:00 AM - 12:00 PM)



## MANIPAL ACADEMY OF HIGHER EDUCATION

SECOND SEMESTER M.Sc. EXERCISE AND SPORTS SCIENCES DEGREE EXAMINATION - JUNE/JULY 2022  
SUBJECT: ESS5201 - FOUNDATIONS OF STRENGTH AND CONDITIONING  
(2021 SCHEME)

Marks: 50

Duration: 120 mins.

Answer all the questions.

- |     |   |      |
|-----|---|------|
| 1)  | Explain in detail the candidacy, precautions and procedure for the measurement of 1 Repetition Maximum. | (20) |
| 2A) | Explain the principles of progressive overload and specificity with examples.                           | (10) |
| 2B) | Explain the theories of strength training.  | (10) |
| 3A) | Write a brief note on two agility tests.  | (5)  |
| 3B) | Needs analysis for strength and conditioning.   | (5)  |

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# Question Paper

Exam Date & Time: 29-Jun-2022 (10:00 AM - 12:00 PM)



## MANIPAL ACADEMY OF HIGHER EDUCATION

**SECOND SEMESTER M.Sc. EXERCISE AND SPORTS SCIENCES DEGREE EXAMINATION - JUNE/JULY 2022**  
**SUBJECT: ESS5202 - FOUNDATIONS OF EXERCISE PHYSIOLOGY**  
**(2021 SCHEME)**

**Marks: 50**

**Duration: 120 mins.**

**Answer all the questions.**

- |     |   |      |
|-----|---|------|
| 1)  | Write in detail about cardiovascular adaptations to aerobic and resistance exercise.            | (20) |
| 2A) | Explain the metabolic adaptations to aerobic exercise training.                                 | (10) |
| 2B) | Discuss all possible ill effects of heat for a tennis player, competing in the Australian Open. | (10) |
| 3A) | Describe exercise training effects on gastro intestinal system.                                 | (5)  |
| 3B) | Discuss the ergogenic effects of anabolic steroids.   | (5)  |

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