

# 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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