

Question Paper

Exam Date & Time: 01-Sep-2022 (10:00 AM - 12:00 PM)



MANIPAL ACADEMY OF HIGHER EDUCATION

SECOND SEMESTER M.Sc. (EXERCISE AND SPORTS SCIENCES) DEGREE EXAMINATION - SEPTEMBER 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 testing of 1 Repetition Maximum. (20)
- 2A) Write about the Margaria-Kalamen test for measuring muscular power. (10)
- 2B) Explain the different recovery techniques. (10)
- 3A) Write a brief note on the theory of super-compensation. (5)
- 3B) Write about the equipment and facility requirements for agility training. (5)

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Question Paper

Exam Date & Time: 02-Sep-2022 (10:00 AM - 12:00 PM)



MANIPAL ACADEMY OF HIGHER EDUCATION

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

Marks: 50

Duration: 120 mins.

Answer all the questions.

- 1) Explain in detail the cardiovascular responses to steady state and incremental aerobic exercise for a novice athlete. (20)
- 2A) Discuss the metabolic adaptations to exercise. (10)
- 2B) Explain the responses of the hormonal system to exercise. (10)
- 3A) Explain the physiologic responses expected in athletes competing in cold environments. (5)
- 3B) Write in brief about the blood doping. (5)

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