

Question Paper

Exam Date & Time: 07-Jan-2023 (10:00 AM - 01:00 PM)



MANIPAL ACADEMY OF HIGHER EDUCATION

THIRD SEMESTER M.Sc. (EXERCISE & SPORTS SCIENCES) DEGREE EXAMINATION - JANUARY 2023
SUBJECT: ESS6102- ADVANCED EXERCISE PHYSIOLOGY
(2021 SCHEME)

Answer ALL questions.

Marks: 100

Duration: 180 mins.

PART-I

- 1) Describe the physiological needs of various systems in football (forward) players. (20)
- 2) Discuss acute and chronic effects of acclimatization to altitude. Explain the concept "live low train high" and "live high train low" (20)
(10+10 = 20 marks)

PART-II

Answer all the questions.

- 3) Explain beta-blockers action and the impact of beta-blockers on exercise. (10)
(5+5 = 10 marks)
- 4) Explain the role of exercise training in type 2 diabetes and its complications. (10)
- 5) Describe the role of inflammatory markers on aerobic exercise. (10)
- 6) Differentiate between Exercise Echocardiography and Pharmacological stress test. Describe its significance on exercise testing and identifying clinical conditions. (10)
(4+6 = 10 marks)

PART-III

Answer all the questions.

- 7A) List genetic mishaps and their influence on the causation of various chronic disorder. (5)
- 7B) Explain the physiologic effects of aging. (5)
- 7C) What is the role of exercise in COPD? (5)
- 7D) Describe the role of chronotypes in physical performance. (5)

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