

Question Paper

Exam Date & Time: 18-Jun-2024 (10:00 AM - 12:00 PM)



MANIPAL ACADEMY OF HIGHER EDUCATION

SECOND SEMESTER M.Sc. EXERCISE AND SPORTS SCIENCE DEGREE EXAMINATION - JUNE 2024
SUBJECT: ESS5201 - FOUNDATIONS OF STRENGTH AND CONDITIONING
(2021 SCHEME)

Marks: 50

Duration: 120 mins.

Answer all the questions.

- | | | |
|-----|--|------|
| 1) | Explain briefly about the tests for measuring muscular power and formulate a training program to improve the same. | (20) |
| 2A) | Discuss about the types of aerobic training. | (10) |
| 2B) | Write about recovery techniques used and add a short note on how it helps in recovery. | (10) |
| 3A) | Discuss briefly on sticking points during deadlift. | (5) |
| 3B) | Write about the risk factors and stratification during pre-participation screening. | (5) |

-----End-----

Question Paper

Exam Date & Time: 20-Jun-2024 (10:00 AM - 12:00 PM)



MANIPAL ACADEMY OF HIGHER EDUCATION

SECOND SEMESTER M.Sc. EXERCISE AND SPORTS SCIENCES DEGREE EXAMINATION - JUNE 2024
SUBJECT: ESS5202 - FOUNDATIONS OF EXERCISE PHYSIOLOGY
(2021 SCHEME)

Marks: 50

Duration: 120 mins.

Answer all the questions.

- | | | |
|-----|---|------|
| 1) | Explain about cardiovascular response and adaptations to aerobic and resistance exercise. | (20) |
| 2A) | Explain the metabolic adaptations to aerobic exercise training. | (10) |
| 2B) | Explain the responses of the hormonal system to exercise. | (10) |
| 3A) | Explain oxygen uptake kinetics during steady state exercise. | (5) |
| 3B) | Outline the ergogenic effects of anabolic steroids? | (5) |

-----End-----

Question Paper

Exam Date & Time: 22-Jun-2024 (10:00 AM - 12:00 PM)



MANIPAL ACADEMY OF HIGHER EDUCATION

SECOND SEMESTER M.Sc. EXERCISE AND SPORTS SCIENCES DEGREE EXAMINATION - JUNE 2024

SUBJECT: ESS5203 - ESSENTIALS OF PERFORMANCE ANALYSIS

(2021 SCHEME)

Marks: 50

Duration: 120 mins.

Answer all the questions.

- | | | |
|-----|--|------|
| 1A) | Explain in brief about the network infrastructure for notational analysis. | (5) |
| 1B) | Write about the performance evaluation of the Badminton smash and its implications for power training. | (5) |
| 1C) | What is notational analysis? | (3) |
| 1D) | How does notational analysis helps in coaching process? | (7) |
| 2A) | Describe the various performance indicators for long jump. | (10) |
| 2B) | Explain briefly about modelling in sports. Add a note on empirical and Markov Chain Models. | (10) |
| 3A) | Write about the Phases of cricket fast bowling. | (5) |
| 3B) | Explain the role of a performance analyst during a coaching session. | (5) |

-----End-----