

Question Paper

Exam Date & Time: 21-Aug-2024 (10:00 AM - 12:30 PM)



MANIPAL ACADEMY OF HIGHER EDUCATION

SIXTH SEMESTER BSc. HEALTH SCIENCES DEGREE EXAMINATION - AUGUST 2024
SUBJECT: BHS-306 INTRODUCTION TO SPORTS SCIENCES
(MAKEUP EXAM)

Marks: 60

Duration: 150 mins.

Answer all the questions.

2. Answer the following questions in short:

- 2A) Discuss the concept of motor unit recruitment and its significance in exercise performance. (2)
- 2B) What is the action of beta blockers on archery? (2)
- 2C) Describe the components of fitness. (2)
- 2D) What is the Wall squat test? (2)
- 2E) What is confidentiality? (2)
- 2F) What are the differences between business incubators and accelerators? (2)

3. Answer the following questions in brief:

- 3A) Write a short note on Carbohydrate loading. (3)
- 3B) List out 3 intrinsic and 3 extrinsic risk factors for injuries in sport. (3)
- 3C) Briefly explain about one repetition maximum testing. (3)
- 3D) Write 3 points on how Performance analysis helps the athletes. (3)
- 3E) Describe how regular aerobic exercise affects cardiovascular health. (3)
- 3F) Explain about conflict of interest and write about steps taken to avoid or mitigate conflict of interest. (3)

4. Answer the following questions:

- 4A) Briefly explain about ergogenic aids as performance enhancement. (5)
- 4B) Mention all the members of the sports medicine team. (5)

-----End-----

