

Question Paper

Exam Date & Time: 15-Jul-2024 (10:00 AM - 12:30 PM)



MANIPAL ACADEMY OF HIGHER EDUCATION

SIXTH SEMESTER BSc. HEALTH SCIENCES DEGREE EXAMINATION - JULY 2024
SUBJECT: BHS-306 - INTRODUCTION TO SPORTS SCIENCES

Marks: 60

Duration: 150 mins.

2) Answer the following questions in short:

- 2A) What is the role of National Anti-doping Agency action? (2)
- 2B) What are the Deaf and Hard of Hearing Sports? (2)
- 2C) How does aerobic exercise differ from anaerobic exercise in terms of energy production? (2)
- 2D) What is the primary source of energy for short bursts of high-intensity exercise, such as sprinting or weightlifting? (2)
- 2E) What is Moral, legal, and ethical? (2)
- 2F) What are the disadvantages of bootstrapping? (2)

3) Answer the following questions in brief:

- 3A) Write 3 points on how Performance analysis helps the athletes. (3)
- 3B) Mention any 6 sports that need protective equipment for the head. (3)
- 3C) Explain the types of feedback. (3)
- 3D) Write a small note on protein intake advice for a vegetarian athlete. (3)
- 3E) Write about different warm-up activities and variables of warm-up. (3)
- 3F) What are the types of economic returns? (3)

4) Answer the following questions:

- 4A) Explain any 2 psychological techniques to improve performance among athletes. (5)
- 4B) Explain the 5 stages of the return to sport clearance continuum. (5)

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