

Question Paper

Exam Date & Time: 21-Apr-2022 (10:00 AM - 01:00 PM)



MANIPAL ACADEMY OF HIGHER EDUCATION

FIFTH SEMESTER B.Sc. EXERCISE AND SPORTS SCIENCES DEGREE EXAMINATION - APRIL 2022
SUBJECT: BES 301 - EXERCISE PHYSIOLOGY
(2016 SCHEME)

Marks: 100

Duration: 180 mins.

Answer all the questions.

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| 1A) | Discuss the responses of the cardiovascular system to aerobic and resistance exercise. Also explain the adaptations of the cardiovascular system to aerobic exercise. | (20) |
| 1B) | Discuss the responses for an athlete competing in a cold environment. Also add a note on heat illness. | (20) |
| 2A) | Explain the adaptations of the neuromuscular system to aerobic and resistance exercise. | (10) |
| 2B) | What is hypobarica? Explain ill effects of hypobarica. | (10) |
| 3A) | Explain the responses of the respiratory system to aerobic exercise | (5) |
| 3B) | Explain oxygen uptake kinetics. Include a neat labelled graph. | (5) |
| 3C) | Explain the adaptations of the metabolic system to exercise | (5) |
| 3D) | What is the function of testosterone? Add a note on effect of exercise on testosterone. | (5) |
| 3E) | Short notes on effects of exercise on immune system | (5) |
| 3F) | Short notes on effects of exercise on gastrointestinal system | (5) |
| 4A) | List 2 oxygen delivery ergogenic aids | (2) |
| 4B) | List 2 ill effects of high altitude exposure. | (2) |
| 4C) | What is the effect of decrease in pH on Oxyhemoglobin curve? | (2) |
| 4D) | What is size principle? | (2) |
| 4E) | What is Henrys law? | (2) |

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Question Paper

Exam Date & Time: 22-Apr-2022 (10:00 AM - 12:00 PM)



MANIPAL ACADEMY OF HIGHER EDUCATION

FIFTH SEMESTER B.Sc. EXERCISE AND SPORTS SCIENCES DEGREE EXAMINATION - APRIL 2022
SUBJECT: BES 303 - EXERCISE & SPORT PSYCHOLOGY
(2016 SCHEME)

Marks: 50

Duration: 120 mins.

1. Essay Questions:

- 1A) What is motivation in sports? Explain any 4 theories of motivation in relation to sports/sportsperson of your choice. (10)
- 1B) What is a team and a group? Explain team Cohesion, its correlates and its barriers. (10)

2. Short Notes:

- 2A) Summarize psychodynamic approach in personality. (5)
- 2B) Explain the Transtheoretical model of exercise behaviour (5)
- 2C) Illustrate mental skills training model (5)
- 2D) List and explain types of leadership/coaching (5)

3. Brief Notes:

- 3A) What is exercise addiction? (2)
- 3B) Define Bulimia (2)
- 3C) What is the Eysenck's theory of personality? (2)
- 3D) State the Social Learning Theory. (2)
- 3E) State the Inverted-U Hypothesis. (2)

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Question Paper

Exam Date & Time: 23-Apr-2022 (10:00 AM - 12:00 PM)



MANIPAL ACADEMY OF HIGHER EDUCATION

FIFTH SEMESTER B.Sc. EXERCISE AND SPORTS SCIENCE DEGREE EXAMINATION - APRIL 2022
SUBJECT: BES 305 - SPORTS NUTRITION
(2016 SCHEME)

Marks: 50

Duration: 120 mins.

Answer all the questions.

Essay Questions:

- 1) Write about macronutrients and their important for sports training. (10)
- 2) Explain in detail about pre and post-training nutrition. (10)

3. Short Notes:

- 3A) Female athlete triad. (5)
- 3B) Weight management in sports. (5)
- 3C) Protein powders. (5)
- 3D) Body composition analysis. (5)

4. Brief Notes:

- 4A) Energy balance for sports training. (2)
- 4B) Fat burners. (2)
- 4C) Hypernatremia. (2)
- 4D) Antioxidants. (2)
- 4E) Fats for sports. (2)

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