

Question Paper

Exam Date & Time: 19-Jun-2023 (10:00 AM - 12:00 PM)



MANIPAL ACADEMY OF HIGHER EDUCATION

FOURTH SEMESTER BPT DEGREE EXAMINATION - JUNE/JULY 2023
SUBJECT: BPT 202 - EXERCISE PHYSIOLOGY
(2016 SCHEME)

Marks: 50

Duration: 120 mins.

Answer all the questions.

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| 1) | Explain thermoregulatory changes due to exercise in hot and cold environment. | (10) |
| 2) | Explain acute responses and chronic adaptations to exercise in the musculoskeletal system. | (10) |
| 3A) | Discuss neurological changes due to anaerobic training. | (5) |
| 3B) | Describe physiological changes due to exercise at high altitude. | (5) |
| 3C) | Discuss methods to measure energy expenditure. | (5) |
| 3D) | Management of fatigue. | (5) |
| 4A) | Define Lactate threshold. | (2) |
| 4B) | Explain Respiratory Exchange Ratio. | (2) |
| 4C) | What is sedentary lifestyle? | (2) |
| 4D) | Write any two changes due to exercise in hypobaric conditions. | (2) |
| 4E) | How much energy is released by 1 gram of carbohydrate? | (2) |

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