(Unit—15)

Answer all questions from the following:

1. What is fettlek training? State physiological benefits of fettlek training.  

2+3

Or

Why the energy cost of swimming is higher than running in a comparable event. State the effects of water temperature on the energy cost of swimming.  

1+4
2. (a) "Is exercise responsible for spot reduction of body fat"? — Justify.

(b) Is there any gender difference in exercise for weight loss?

Or

State the principle of determining exercise dose for elderly persons. What is the suitable frequency of exercise for elderly?

3. What is coronary artery disease (CHD)? State the importance of stress testing for evaluating CHD.

Or

What is COPD? Describe the exercise prescription for the patients with pulmonary disease.

4. Describe the training procedure for the sports events holding at high altitude. Is O₂ supplementation beneficial for performance at high altitude?

Or

State the effects of cold exposure on O₂ consumption. How is muscle strength affected due to cold exposure?
(Unit—16)

Answer all questions from the following:

1. What are the goal of ergonomics? Mention the limitation and capabilities of human in relation to ergonomics. What is system design approach?  
   Or
   What is cognitive system of a human information processor? State the factors affecting cognitive processor.  
   2+2+1

2. State the factors for standardizing the anthropometric measurement. Distinguish between static and dynamic anthropometry with examples.  
   Or
   Discuss the bioelectric impedance method for determining body composition, mentioning its limitation. What is lean body mass?  
   3+2

3. What are the common mechanical hazards faced by the workers in their workplace? State the protective measures for reducing mechanical hazards.  
   Or
   C/15/M.Sc./2nd Seme./PHY-202
   (Turn Over)
Describe briefly different types of chemical protective clothing used in industries. What is bioisolation of PPEs? 

4+1

4. Mention the causes of respiratory problems of agricultural workers. Mention some important interventions against respiratory problems of agricultural workers. 

4+1

Or

What are signs of stress in workplace? What is general adaptation syndrome (GAS) in relation to stress? 

1+4