

**MASTER OF PHYSIOTHERAPY (MPT)
SEMESTER -II EXAMINATION, JUNE-2026**

(MPT201) EXERCISE PHYSIOLOGY & NUTRITION

[Time allotted: Three Hours]

[Max Marks: 100]

Note: Read all the instructions carefully

Answer all questions in serial order, Draw suitable diagrams wherever necessary

Q. 1. Objective type questions: (Attempt All)**(10 x 02 = 20)**

(Very short/ Short answer/ MCQ/ One liners/ Fill in the blanks/ True/False)

- | | |
|---|---|
| <p>a. Principal Fundamental movement Brainstem responsible for:</p> <ol style="list-style-type: none"> Postural Ambulatory Reaching/Grasping Proprioception. <p>b. Carbohydrate fall into which category:</p> <ol style="list-style-type: none"> Nutritional aids Physiological aids Psychological Aids Mechanical aids <p>c. GTO continuously monitors:</p> <ol style="list-style-type: none"> Tension Stretch Movement Direction of movement <p>d. Proprioceptors provide feedback of:</p> <ol style="list-style-type: none"> Rate & orientation of limb movement. Tone in the limbs. Strength in the limbs. Cardiovascular performance <p>e. Psychomotor vigilance task runs for_____?</p> <ol style="list-style-type: none"> 5-10 min 2-5 min 5-7 min None of these | <p>f. What is the goal of environmental physiotherapy?</p> <ol style="list-style-type: none"> Treating respiratory disorders Enhancing physical performance in extreme environments Managing chronic pain conditions Rehabilitating sports injuries <p>g. Management of sleep at work includes_____?</p> <ol style="list-style-type: none"> Nap Lighting Smoking All of these <p>h. Disadvantage of KSS is _____?</p> <ol style="list-style-type: none"> Paper based Lacks face validity Easy to administer Subjective results <p>i. Example of Physiological aids:</p> <ol style="list-style-type: none"> Hypnosis Androgenic steroid hormone Massage Free weights <p>j. Which is not a component of FAS?</p> <ol style="list-style-type: none"> CIS WHOQOL HRQOL FS |
|---|---|

Q. 2. Short notes/ Short answer type questions (Attempt any Five)**(05 x 04 = 20)**

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|---|---------|
| a. Fat burning Zone | CO2/CO3 |
| b. Effects of ACE inhibitors on physical performance | CO2/CO1 |
| c. How does the body respond to cold stress? | CO1/CO3 |
| d. Importance of carbohydrate on performance in athlete | CO1/CO3 |
| e. Methods of subjective sleep assessment | CO3 |
| f. Environmental influences on exercise | CO1 |
| g. Age differences in exercise performance | CO1/CO3 |

Q. 3. Structured questions (Attempt any Three)**(03 x 10 = 30)**

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|---|-----|
| a. How exercises enhance brain health | CO1 |
| b. Potential risks and consequences of heat stress | CO1 |
| c. Anaerobic and aerobic metabolism during exercise | CO2 |
| d. Age and gender differences in exercise performance | CO3 |

Q. 4. Long Answer/ Essay type questions (Attempt any Two)**(02 x 15 = 30)**

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|---|---------|
| a. Physiology of fundamental movements. | CO1 |
| b. Explain the Body composition, nutrition requirement, caloric balance & performance, and importance of supplementary nutrition. | CO2/CO3 |
| c. Muscle proprioceptors and their role in movement physiology? | CO1 |