

2010

M.Sc.

2nd Semester Examination

HUMAN PHYSIOLOGY

PAPER—VIII

Full Marks : 40

Time : 2 Hours

The figures in the right-hand margin indicate full marks.

Candidates are required to give their answers in their own words as far as practicable.

Illustrate the answers wherever necessary.

Write the answers to the questions of each Unit in separate books.

UNIT—15

Answer any two questions of the following.

1. (a) What are the phases of physiological adaptations to the high altitude?
(b) Discuss the circulatory responses and VO_2 max changes of athletes at high altitude.
(c) How is physical performance affected at high altitude?
2+5+3
2. (a) Classify fitness from the view points of sports physiology.
(b) Mention the general guidelines for improving fitness.
4+6

(Turn Over)

3. (a) Explain with suitable example the basic principles of physical training.
 (b) Discuss, in brief, the benefits of endurance training. 5+5
4. Write notes on the following : 5+5
 (a) Exercise prescription for renal diseases.
 (b) Exercise method for weight control.

UNIT—16

Answer any *two* questions.

1. (a) What do you understand by static and dynamic anthropometry?
 (b) Discuss briefly anthropometric principles for ergonomic designing.
 (c) What is Ponderal index? 3+5+2
2. (a) What are the sources of toxic substances in the work place?
 (b) Discuss the route of entry and health hazards of toxic substances in industrial workers. 3+7
3. (a) Explain the MAN-MACHINE-ENVIRONMENT System
 (b) Describe the methods for improvement of productivity in this system.
 (c) What is the social significance of ergonomics? 4+4+2
4. Write notes on the following : 5+5
 (a) Contributing and immediate causes of accidents
 (b) X-ray method for assessing body composition.