



23104863

QP CODE: 23104863

Reg No :

Name :

**BSM DEGREE (CBCS) REGULAR/IMPROVEMENT/REAPPEARANCE
EXAMINATIONS, FEBRUARY 2023**

First Semester

Bachelor of Sports Management

Core Course - SM1CRT03 - FUNDAMENTALS OF SPORTS SCIENCES

2020 Admission Onwards

BD561AF4

Time: 3 Hours

Max. Marks : 80

Part A

*Answer any **ten** questions.*

*Each question carries **2** marks.*

1. In the context of exercise science, what is power?
2. Mention any two recent scientific developments in the field of sports science.
3. Define anatomy.
4. What is lactate accumulation?
5. What is Sports Biomechanics?
6. What is class III lever?
7. How can body fat be computed?
8. What do you mean by strain?
9. What do you mean by ergogenic aids?
10. What is pre-participation examination?
11. Define adapted physical education.
12. What is BFB training method?

(10×2=20)





Part B

Answer any **six** questions.

Each question carries **5** marks.

13. What are four main streams of sports science?
14. How can wearable technology be used in sports?
15. What are the functions of respiratory system?
16. Give the importance of macro nutrients for human body.
17. Explain the importance of concentration required by sports performers.
18. Write a note on, Role of physiotherapists in sports.
19. What is the use of sports science ?
20. Explain the care and treatment of exposed injuries in sports.
21. Explain the correct posture of standing.

(6×5=30)

Part C

Answer any **two** questions.

Each question carries **15** marks.

22. Mention the development of exercise science in late- twentieth century.
23. Explain in detail about the effect of exercise on cardio-vascular system.
24. Explain in detail the wearable technologies in sports.
25. What is the serious condition that might disqualify an athlete from specific athletic participation?

(2×15=30)

