

**Master of Science in Dietetics and Food Service  
Management M.Sc. (DFSM)**

**1<sup>st</sup> Year Assignment**

**Assignment 1**

**July 2025 session**

**(This assignment relates to Course MFN-001 Applied Physiology)**



**Indira Gandhi National Open University  
SCHOOL OF CONTINUING EDUCATION  
Maidan Garhi, New Delhi -110 068**

## Masters of Science Degree Programme in Dietetics and Food Service Management M.Sc. (DFSM)

### ASSIGNMENT 1

Dear Students,

You will have to do sixteen assignments in all to qualify for a M.Sc. (DFSM) degree. For a 2-credit theory course, you will have to do one assignment and for a 4-6 credit theory course, two assignments. All the assignments are tutor marked and each Tutor Marked Assignment carries 100 marks. The course-wise distribution of assignments is as follows:

Assignment 1 (TMA-1): based on MFN-001 (Units 1-12)

Assignment 2 (TMA-2): based on MFN-002 (Units 1-12)

Assignment 3 (TMA-3): based on MFN-003 (Units 1-14)

Assignment 4 (TMA-4): based on MFN-006 (Units 1-18)

Assignment 5 (TMA-5): based on MFN-008 (Units 1-12)

Assignment 6 (TMA-6): based on MFN-010 (Units 1-12)

#### INSTRUCTIONS

Before attempting the assignments, please read the following instructions carefully.

- 1) Write your Enrolment Number, Name, Full Address, Signature and Date on the top right-hand corner of the first page of your response sheet.
- 2) Write the Programme Title, Course Code, Title Assignment Code and Name of our Study Centre on the left-hand corner of the first page of your response sheet. Course Code and Assignment Code may be reproduced from the assignment.

The top of the first page of your response sheet should look like this:

Enrolment No. ....
Name.....
Address .....
Course Title .....
Assignment No .....
Date .....
Programme Study Centre .....

All Tutor Marked Assignments are to be submitted at the study centre assigned to you.

- 3) Read the assignments carefully and follow the specific instructions, if any, given on the assignment itself about the subject matter or its presentation.

- 4) Go through the Units on which assignments are based. Make some points regarding the question and then rearrange those points in a logical order and draw up a rough outline of your answer. Make sure that the answer is logical and coherent and has clear connections between sentences and paragraphs. The answer should be relevant to the question given in the assignment. Make sure that you have attempted all the main points of the question. Once you are satisfied with your answer, write down the final version neatly and underline the points you wish to emphasize. While solving numerical, use proper format and give working notes wherever necessary.
- 1) Use only full-scale size paper for your response and tie all the pages carefully. Avoid using very thin paper. Allow a 4 cm margin on the left and at least 4 lines in between each answer. This may facilitate the evaluator to write useful comments in the margin at appropriate places.
  - 2) *Write the responses in your own hand.* Do not print or type the answers. Do not copy your answers from the Units/Blocks sent to you by the University. If you copy, you will get zero marks for the respective question.
  - 3) Do not copy from the response sheets of other students. If copying is noticed, the assignments of such students will be rejected.
  - 4) Write each assignment separately. All the assignments should not be written in continuity.
  - 5) Write the question number with each answer.
  - 6) The completed assignment should be sent to the Coordinator of the Study Centre allotted to you. Under any circumstances, do not send the tutor marked response sheets to the Student Registration and Evaluation Division at Head Quarters for evaluation.
  - 7) After submitting the assignment at the Study centre get the acknowledgement from the coordinator on the prescribed assignment remittance-cum-acknowledgement card.
  - 8) In case you have requested for a change of Study Centre, you should submit your Tutor marked Assignments only to the original Study Centre until the change of Study Centre is notified by the University.
  - 9) If you find that there is any factual error in evaluation of your assignments e.g. any portion of assignment response has not been evaluated or total of score recorded on assignment response is incorrect, you should approach the coordinator of your study centre for correction and transmission of correct score to headquarters.

### **A Note of Caution**

It has been noticed that some students are sending answers to Check Your Progress Exercises to the University for Evaluation. Please do not send them to us. These exercises are given to help in judging your own progress. For this purpose, we have provided the answers to these exercises at the end of each Unit. We have already mentioned this in the Programme Guide. Before dispatching your answer script, please make sure you have taken care of the following points:

- Your enrollment number, name and address have been written correctly.
- The title of the course and assignment number has been written clearly.
- Each assignment on each course has been written on separate sheets and pinned properly.
- All the questions in the assignments have been answered.

Now read the guidelines before answering questions.

### **GUIDELINES FOR TMA**

The Tutor Marked Assignments have two parts.

#### **Section A: Descriptive Questions (80 marks)**

In this section, you have to answer eight questions (of 10 marks each). Answer each question in about 250- 300 words.

#### **Section B: Objective Type Questions (OTQ) (20 marks)**

This section contains various types of objective questions.

#### **POINTS TO KEEP IN MIND**

You will find it useful to keep the following points in mind:

- 1) **Planning:** Read the assignments carefully. Go through the units on which they are based. Make some points regarding each question and then rearrange the same in a logical order.
- 2) **Organization:** Be a little more selective and analytical. Give attention to your introduction and conclusion. The introduction must offer your brief interpretation of the question and how you propose to develop it. The conclusion must summarize your response to the question.

#### **Make sure that your answer:**

- a) is logical and coherent
  - b) has clear connections between sentences and paragraphs
  - c) is written correctly giving adequate consideration to your expression, style and presentation
  - d) does not exceed the number of words indicated in the question.
- 3) **Presentation:** Once you are satisfied with your answers, you can write down the final version for submission, writing each answer neatly and underline the points you wish to emphasize.

**ASSIGNMENT-1**  
**TMA-1**  
**Applied Physiology**

**Course Code:MFN-001**  
**Assignment Code:MFN-001/AST-1/TMA-1/25-26**  
**Last Date of Submission: 15<sup>th</sup> November, 2025**

**Maximum Marks:100**

**This assignment is based on Units 1 -12 of the MFN-001 Course.**

**Section A -Descriptive Questions**

**(80marks)**

There are ten questions in this part. Answer all questions.

1. a) What do you understand by the term 'ageing'? Explain various theories of ageing. (2+3)  
b) Describe the composition of blood. (3)
2. a) Discuss the unique properties of cardiac muscles. (3)  
b) What is Innate immunity? Briefly describe innate immune responses in our body. (2+3)
3. a) Explain the structure and functions of the heart with diagram. (5)  
b) What are the different blood group systems in our body? (3)
4. a) Briefly describe the organs involved in the process of respiration. (5)  
b) Briefly describe transportation of oxygen and carbon dioxide by the blood. (3)
5. a) Explain the structure and functions of stomach with diagram. Write the composition and functions of the gastric juice. (2+2+2)  
b) Give composition of bile and factors controlling movements of Gall Bladder. (2)
6. a) Describe the phases of urine formation in kidney. (3)  
b) Explain how does the kidneys maintain pH balance? (3)  
c) Write in brief about Renal function Tests. (2)
7. a) How active transport system is different from passive transport system across a cell membrane? Explain. (5)  
b) Draw a labelled diagram of a nerve cell. Explain the process of synaptic transmission. (3)
8. a) Describe the structure and functions of the Autonomic Nervous System. (1+3)  
b) How do we perceive colour? Explain. (2)  
c) What are the functions of inner ear? (2)
9. a) What are the different hormones secreted by the pituitary gland? State the functions of these hormones. (5)  
b) Explain the physiology of lactation. (3)
10. a) Describe the common disorders of Female Reproductive System. (4)  
b) Describe various contraception methods used for family planning. (4)

**Section B – OTQ (Objective Type Questions)**  
**marks)**

**(20**

**1. Define the following:**

**(5)**

- i) Placenta
- ii) Phagocytosis
- iii) Hemoptysis
- iv) Refractive Errors
- v) Smooth Muscle

**2. Give the functions/role of the following structure/organs in our body:**

**(10)**

- i) Salivary glands
- ii) Leucocytes
- iii) Areolar tissue
- iv) T-cells
- v) Laryngopharynx
- vi) Nephron
- vii) Cerebrum
- viii) Male external genitalia
- ix) Papillae
- x) Adrenal medulla

**3. Match the items in List I with items in List II:**

**(5)**

List I	List II
I Pineal Gland	A Amniocentesis
II Pregnancy test	B Vagus nerve
III Respiration	C Peristaltic movement
IV Oesophagus	D Diplopia
V Squint	E Melatonin
	F Weak muscle strings