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**Avinashilingam Institute for Home Science and Higher Education for Women**  
(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category 'A' by MHRD)  
Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B  
Coimbatore - 641 043, Tamil Nadu, India

**Continuous Internal Assessment Test II – November 2023**

**Class: I B.P.Ed**  
**Major :Physical Education**

**Time : 2 hours**  
**Max.marks : 60**

**23BPDC02 Anatomy and Physiology and Exercise Physiology**

**Course Outcomes:**

1. Understand the basic principles of anatomy physiology and Exercise Physiology
2. Apply the knowledge in the field of physical education and movement activity.
3. Analyze the practical knowledge during the practical situation.
4. Remember and recall the definition of anatomy and physiology and co-relate the principles of physiology.
5. Appraise the effects during the training and practical sessions

**Part – A**

**6 X 1 =6**

**Choose the correct answer**

1. The taste which is felt at the back of the tongue is  
a. bitter b. sweet c. salt d. sour CO3 K1
2. Which part of the eye responsible for protecting eye  
a. Lacrimal apparatus b. eye lashes c. eye lid d. eye ball CO1 K3
3. The Gland which is located in the brain is CO2 K2  
a. Pitutory b. Thyroid c. adrenal d. pineal
4. The upward continuation of Spinalcord is CO4 K2  
a. Cerebellum b. Medulla oblongata c. Pons d. Midbrain
5. What is the length of the heart CO4 K2  
a. 10 c.m b. 11c.m c. 12.c.m. d.13 c.m
6. This is the most important thing for the muscle to carry out the work CO3 K2  
a. Energy b. strength c. flexibility d. endurance

**Part – B**

**Answer should not exceed 200 words or one page**

**3X6=18**

- 7.a. Differentiate the Sympathetic and Parasympathetic nervous System. CO3 K4  
Or
- 7.b. Write short notes on Pitutory Gland CO2 K3
- 8.a. Draw a neat diagram heart and lable its parts CO2 K2  
Or
- 8.b. Draw a neat Diagram of Digestive system and lable its parts CO2 K2
- 9.a. Write about the properties of Muscle. CO3 K5  
Or
- 9.b. What is Second Wind and Oxygen Debt CO2 K2

**Part – C**  
**Answer the following**

**Answer should not exceed 1200 words or six page**

**3X12=36**

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|--|--------|
| 10.a. Explain about the Nervous system in detail<br>Or         | CO3 K2 |
| 10.b. Describe about Cardiovascular System                     | CO2 K2 |
| 11.a. Explain about Excretory System with diagram<br>Or        | CO3 K4 |
| 11.b. Enumerate the effect of exercise on Muscular System      | CO3 K3 |
| 12.a. Explain about sliding filament theory with diagram<br>Or | CO2 K2 |
| 12.b. Write about importance of Exercise Physiology            | CO3 K4 |

**Staff in charge : Dr.P.Vanithamani**  
**No.of. Copies : 32**