



Maximum

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 I – February 2024 IV - SEMESTER

Class : II BSc

Major : Physical Education

Time: 2 hours

Maximum Marks :60

21BPEC12- Physiology of Exercise

Course Outcomes:

1. Define the human anatomy and physiology.
2. Describe the kinesthetic movement and the physiological effects of exercise in human body
3. Apply the major concepts, theories, and empirical findings in health science.
4. Compare the responses of individuals of differing levels of fitness to a variety of relative and absolute exercise intensities
5. Formulate the physiological bases for differences in exercise responses and performance

Part-A

6x1=6

Choose the correct answer

1. Skeletal muscles are the target organ of the CO1K2
a. Autonomic nervous system b. Somatic nervous system
c. Sympathetic nervous system d. Parasympathetic nervous system
2. Skeletal muscles contains an undifferentiated form of stem cell that is known as CO2K2
a. Mesenchymal cell b. Astrocyte c. Satellite cell d. Eosinophil
3. Which type of muscle fibre generates the greatest force production? CO2K3
a. Type I b. Type II c. Type IIX d. Type IIA
4. The most immediate source of energy available to support exercise function is CO2K3
a. ATP b. ADP c. Glycogen d. Phosphocreatine
5. Glucose CO2K3
a. Used cell directly for the energy b. Converted to fats for energy storage
c. Synthesize non essential amino acids and store glycogen in muscle and liver
d. All the above
6. Average human beings at rest breathe in and out _____ times in a minute CO2K3
a. 15- 18 times b. 30- 32 times c. 28- 30 times d. 25- 28 times

Part- B

3x6=18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Define Exercise Physiology and Explain its scope ? CO3K3
(or)
7. b. Write the physical properties of muscles CO3K3
8. a . Enumerate the functions of muscles CO3K3
(or)
8. b. What are the chemical composition of muscles CO3K3
9. a Describe about the recent trends in exercise physiology ? CO3K3
(or)
9. b. Write about the nature and importance of exercise physiology CO3K3

Part-C

3x12=36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Draw a neat diagram of Structure of skeletal muscles and explain it ? CO2K2
(or)
10. b. Explain about the sliding filament theory of muscular contraction CO2K2
11. a. Describe about the Muscle Fibre types CO2K2
(or)
11. b. Explain about the chemistry of Muscular contraction CO2K2
12. a. Write about the effect of exercise and training on muscular system CO2K2
(or)
12. b. Write about the respiratory system and exercise CO2K2