



Shanmugavalli

Avinashilingam Institute for Home Science and Higher Education for Women

Deemed to be University Estd.u/s 3of UGC Act 1956, Category A by MHRD [now MoE]

Re-accredited with an A++ Grade by NAAC CGPA 3.65/4, Category I by UGC

Coimbatore-641043, Tamil Nadu, India

Continuous Internal Assessment II – April 2025

II Semester

Class : I UG
Major : Physical Education

Time : 2 Hrs
Max. Marks : 60

23BPEC06 Exercises Physiology

Course Outcomes:

- CO1. The student would be empowered with the applicable knowledge of physiology in physical activity and sports
CO2 The learner would be able to incorporate this knowledge in the training and coaching programme for the betterment of his trainee's performance
CO3. Apply the major concepts, theories and empirical finding in health science
CO4. Compare the responses of individuals of differing levels of fitness to a variety of relative and absolute exercise intensities.
CO5. Formulate the physiological bases for differences in exercise responses and performance

Part A

6 x 1 = 6

Choose the correct answer

- How does heat buildup in muscle contribute to fatigue?
a. Hastens glycogen depletion
b. Lowers muscle PH
c. Inhibits nerve impulse transmission to the muscle fiber
d. Inhibits gluconeogenesis
CO1K2
- During endurance exercise total peripheral vascular resistance
a. Increases greatly
b. Constant
c. Medium
d. Decreases
CO2K2
- The increase in heart rate at the very beginning of exercise is due to
a. Increased sympathetic activity
b. Increased vagal tone
c. Withdrawal of vagal stimulation
d. Increased parasympathetic activity.
CO2K3
- Compared to untrained individuals trained endurance athletes have
a. Higher maximal heart rates
b. Higher resting cardiac outputs
c. Higher resting heart rates
d. Higher maximal stroke volume
CO3K2
- Another name for skeletal muscle is
a. Striated
b. Non striated
c. Smooth
d. Cardiac
CO2K2
- The gains of strength that occur during the initial phase of a resistance training program is Primarily due to
a. Neural adaptations
b. Muscle fiber hypertrophy
c. Muscle fiber hyperplasia
d. Mathews
CO2K3

Part B

3 x 6 = 18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

- a. Describe about the body temperature regulations
(or)
b. Write about the physiological response to exercise in heat climate
CO2K2
CO2K3
- a. Explain about the acclimatization to exercise in the heat climate
(or)
b. Explain about exercise performance at altitude
CO2K2
CO3K3
- a. Describe about the ergogenic aids and exercise
(or)
b. Write about the age-related changes in response to exercise
CO3K3
CO3K3

Part C

3x12=36

Answer ALL questions

Each answer should not exceed 800 words or four pages

- a. Describe about the physiological response to exercise in the cold climate.
(or)
b. Briefly explain about the health risks during exercise in cold climate.
CO2K2
CO2K3
- a. Explain about the physiological response to acute altitude exposure.
(or)
b. Describe about the physiological response to chronic altitude exposure.
CO2K3
CO2K3
- a. Elucidate the sliding filament theory of muscular contraction.
(or)
b. Enumerate the structure of skeletal muscles.
CO2K2
CO2K2
