



Santhosh

Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with A++ Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India
Continuous Internal Assessment – II October (2024)

Class: I B.P.Ed
Branch : Physical Education

Time: 2 hours
Max.marks: 60

24BPDC02 - 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

Circle the correct answer 6 X 1 =6

1. The taste which is felt at the back of the tongue is CO3 K1
a. bitter b. sweet c. salt d. sour
2. Which part of the eye responsible for protecting eye CO1 K3
a. Lacrimal apparatus b. eye lashes c. eye lid d. eye ball
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 symmetric and Asymmetric and list out the bones. 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

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