



**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 (now MoE)  
Re-accredited with 'A++' Grade by NAAC. CGPA 3.65/4, category I by UGC  
Coimbatore - 641 043, Tamil Nadu, India.

**Continuous Internal Assessment Test I- August 2025**

**I Semester**

**Class : I UG**

**Time: 2 hours**

**Major: Physical Education**

**Maximum Mark:60**

**23BPEC02 Basic and Systemic Anatomy & Physiology**

**Course Outcomes:**

- CO1:** The student will be oriented with the basic structure and function of human body by identifying, comparing and relating different systems, organs and their functional and structural units.  
**CO2:** Able to Relate and interpret the role of exercise on body systems and its relation to wellbeing, through literature reviews and physical conditioning exercises.  
**CO3:** Adapt the art to apply the knowledge of anatomy and physiology in physical activity classes at school level.  
**CO4:** Construct anatomy and physiology related pedagogical materials exploring their creative imaginations while working in group and using technology.  
**CO5:** Appraise the effects during the training and practical sessions.

**Part-A**

**6x1=6**

**Choose the correct answer**

1. \_\_\_\_\_ deals with the study of the structure of an organism and the relationship of its parts.  
a) Physiology b) Anatomy c) Histology d) Embryology CO1K2
2. Which of the following is NOT a component of the skeletal system  
a) Bones b) Cartilages c) Tendons d) Nerves CO1K2
3. Word anatomy is derived from CO1K1  
a) Latin word b) Italian word c) Greek word d) French
4. Study of cell is called CO3K2  
a) Histology b) Cytology c) Embryology d) Pathological anatomy
5. How many muscles are there in the body of human? CO2K2  
a) 340 b) 560 c) 640 d) 860
6. Where cardiac muscle is found? CO2K3  
a. Skin b. Lungs c. Bones d. Heart

**Part- B**

**3x6=18**

**Answer ALL Questions**

**Each answer should not exceed 400 words or two pages**

7. a. Define Anatomy & Physiology CO2K2  
(or)
7. b Write about Skeletal System CO2K3
- 8 a. Describe about types of Joints CO2K2  
(or)
- 8.b. Explain about Functions of Skeletal System CO3K3
9. a. Draw and Label the Human Cell. CO3K3  
(or)
9. b. Write about the major classification of muscles CO3K3

**Part-C**

**3x12=36**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

10. a. Describe about the importance of Anatomy & Physiology CO2K2  
(or)
- 10.b. Tabulate the Human Skeleton System CO2K2
11. a. Explain about the Functions of the Human Cell CO2K2  
(or)
- 11.b. Describe about the Human Cell Structure CO2K3
12. a. Elucidate the Effects of exercise on skeletal system CO2K2  
(or)
- 12 b Enumerate the Types of Muscle Fiber CO2K2