

**Avinashilingam Institute for Home Science and Higher
Education for Women**

Continuous Internal Assessment Test I- August 2018

Class: I.B.P.Ed

Time: 2 hours
Max.marks: 60

18BPPDC02 -Anatomy and Physiology and Exercise Physiology

Course Outcome:

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. Analyse 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 5X1=5

1. This is the organelle of the cell which digest the worn out materials
a. Lysosome b. Ribosome c. Mitochondria d. Nucleus
C1K1
2. Number of bones in the skull is
a. 14 b.206 c. 8 d. 33
C4K1
3. Our shoulder is the good example for this joint
a. Ball and socket b. Pivot c. Saddle d. Hinge
C1K2
4. How many pairs of chromosomes are present in the human body?
a. 23 b. 46 c. 33 d. 8
C3K1
5. The muscle which supports the internal organs is
a. Cardiac muscle b. smooth muscle c. skeletal muscle d. all the above
C1K2

Part - B

Answer the following in one or two sentence

6. List down the subject matters of Anatomy
C4K1
7. List the type's epithelial tissue
C4K1
8. List down the Blood Groups
C4K1
9. List down the bones of skull
C4K1
10. List down the parts of respiratory system
C4K1

Part - C

Answer should not exceed 200 words or one page

3X5=15

- 11. a. Explain about connective tissues (or) C2K2
- b. Write down the functions of cell C1K2
- 12. a. General classification of joints (or) C1K2
- b. Explain about Heart Rate, Cardiac Cycle and stroke volume C3K2
- 13. a. Write down the mechanism of Respiration (or) C4K2
- b. Explain the formation of urine C4K2

Part - D

Answer the following

Answer should not exceed 1200 words or six page

2X15=30

- 14. a) Describe the structure of the cell with diagram and Explain about the cell division. Or C1K2
- b) Explain about the Cardio Vascular system C3K4
- 15. a) Explain detail about the excretory system Or C2K2
- b) Draw a neat diagram of Heart and explain its functions in detail. C3K2