

18BPPDC02 - 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

5X1=5

1. The taste which is felt at the tip of the tongue
a. bitter b. sweet c. salt d. sour
CO3 K1
2. Which part of the eye secretes tears
a. Lacrimal apparatus b. eye lashes c. eye lid d. eye ball
CO1 K3
3. The Hormone which is controlled by the cerebrum is
a. Pituitary b. Thyroid c.adrenal d.pineal
CO2 K2
4. The cross section of nerves occur in
a. Cerebellum b. Medulla oblongata c.pons d. Midbrain
CO4 K2
5. How many liters of urine is formed in a hour
a. 2 b.8 c. 4 d.6
CO4 K2

Part – B

Answer the following in one or two sentence

5x2=10

1. Give the specification of Kidney
CO2 K2
2. List down the Endocrine Glands
CO4 K1
3. What is Cerebrum ?
CO4 K2
4. List down the digestive organs
CO2 K2
5. List down the Respiratory Organs
CO2 K2

Answer should not exceed 200 words or one page

3X5=15

11. a. Differentiate the Sympathetic and Parasympathetic nervous System. CO3 K4
(or)
b. Write about Pituitary Gland CO2 K2

12. a. Draw a neat diagram of eye and Ear and label its parts CO2 K2

- (or)
b. Give the functions of Cerebrum and Cerebellum CO3 K4

13. a. Write about importance of Exercise Physiology CO2 K2
(or)
Write about the Changes in circulation while doing exercise CO2 K2

Part – D

Answer the following

Answer should not exceed 1200 words or six page

2X15=30

14. a. What is Nervous system – Explain CO2 K2
(or)
b. Explain the structure and functions of the skin CO3 K4
15. a. Explain the structure, composition, properties and functions of skeletal muscle CO3 K4
(or)
b. Explain the effect of exercise on circulatory system. CO3 K4

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