



## 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

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

Time: 2 hours  
Max.marks: 60

#### 23BPDC02-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

6X1=6

1. What is Human Anatomy?  
a. Functions of body parts      b. Structure of human body  
c. Bacteria and viruses      d. Diseases and causes  
CO2K2
2. Which plane of section divides the body into anterior and posterior portions?  
a) Horizontal   b) Coronal   c) Sagittal   d) Parasagittal  
CO3K2
3. Lysosomes are called suicide bags because  
a. Causing death   b. digesting wastes   c. Releasing enzymes   d. protects cell  
CO3K2
4. What is the study of how body parts function called?  
a. histology   b. physiology   c. homeostasis   d. metabolism  
CO3K2
5. Skletal muscles is also known as  
a. Cardiac muscle   b. striated muscle   c. smooth muscle   d. non – striated muscle  
CO2K2
6. It is a connective tissue which connects two bones  
a. Tendons   b. Cartilages   c. ligaments   d. muscles  
CO4K2

#### Part – B

Answer should not exceed 200 words or one page

3X6=18

- 7 a. Draw a neat diagram of cell and explain its parts  
(or)  
CO2K2
- 7 b. List down the Descriptive terms used in anatomy  
CO1K2
8. a. Draw a net diagram muscular tissue and explain about the parts  
(or)  
CO1K2
- 8 b. Explain about connective tissue with diagram  
CO3K2
9. a. Describe about Long bones in detail (or)  
CO4K2
- 9 b. Explain about synovial joint  
CO4K2

#### Part – C

Answer the following

Answer should not exceed 1200 words or six page

3X12=36

10. a) Explain about the tissues in detail  
( Or )  
CO1K2
- 10 b) Explain about limbs and joints in detail  
CO3K4
11. a) Explain detail about the circulatory system  
( Or )  
CO2K2
- 11 b) Draw a neat diagram of Heart and explain its functions in detail.  
CO3K2

12. a) Write short notes on

- lungs ,
- kidney,
- Heart,
- Bone

Or

12 b) Write about the Circulatory system in detail.

CO4K3

CO3K2

Staff Incharge : Dr.P.Vanithamani  
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