Marking

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 Test I – February 2024

Class: I B.Sc **Time: 2 Hrs.**
Major: Bachelor of Physical Education **Max Marks: 60**

23BPEC06 – Exercises Physiology

Course Outcomes:

CO1. The student would be empowered with the applicable knowledge of physiology in physicalactivity and sports.
CO2. The learner would be able to incorporate this knowledge in the training and coaching Programme for the betterment of his trainee's performance.
CO3. Apply the major concepts, theories, and empirical findings in health science.
CO4. Compare the responses of individuals of differing levels of fitness to a variety of relative and absolute exercise intensities
CO5. Formulate the physiological bases for differences in exercise responses and performance

PART – A

Circle the Correct Answer **6 x 1 = 6**

1. Muscular tissues are connected to _____ CO1K1
   a. Nerve Bundles b.Fibres c. Muscles d. Nerve
2. Imbalance of muscles is _____ CO1K1
   a. Muscle Soreness b. Fatigueness c. Tiredness d. Muscle imbalance
3. Muscle which contract by the will of an individual _____muscle. CO2K2
   a. Skeletal b. Smooth c. Cardiac d. All the above
4. Involunatry muscles is also called as CO1K1
   a. Non Striated b. Plain c. Smooth d. Striated
5. Sliding filament theory proponded by _____ CO1K3
   a. S.I.Freud b. H.E.Huxley c. M.L.Alfred d. L.X.Barclay
6. Muscle fibre size in Slow Twitch Type I is _____ CO1K1
   a. Small b. Large c. High d. Low

PART – B

Answer should not exceed 400 words or One Page **3X 6 = 18**

7.a. What are the types of Muscles? COIK2

or

7.b. Explain the energy of work CO2K3
8.a. Explain the functions of Muscles. CO1K2

or

8.b. Explain Properties of muscle CO2K2
9.a. Briefly explain Muscle imbalance CO2K3

or

9.b. Explain the hormonal control during exercise CO2K3

PART – D

Answer should not exceed 800 words or four pages **3X12= 36**

10.a. Enumerate the structure of the skeletal muscle. CO2K3

or

10.b. Explain the Sliding Filament Theory of Muscular Contraction. CO2K3

11.a. Explain the types of Muscle fibres CO2K3

or

11.b. Explain the effect of muscle imbalance. CO2K3
12. a. Discuss about the exercise and neuro muscular system. CO2K3

or

12b.Explain types of muscle in detail.CO2K3

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