



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 2020

Class: II BSc

Time: 2 hours
Max.marks: 60

Course Outcomes:

1. To know the physiology of human body
2. To understand the various physiological effects on human body during exercise
3. Helps to identify the types of contraction performed during the exercise

18BPEC12– Physiology of Exercise

Part – A

Circle the correct answer

5X1=5

1. The muscle fiber size and composition undergo adaptive changes due to --- CO1K1
a.Strength training b.Endurance training c.Interval training d.Circuit training
2. Slow twitch fibers generate energy for ATP resynthesize predominantly by means of the ---- CO2K2

a.Aerobic b. Anaerobic c.Metabolic d.Glycolytic
3. The direct source of energy for muscular contraction can be yielded through CO4K1
a.ADP b.ATP c.ca⁺⁺ d.O2
4. The muscle tissue can be stretched or extended to a significant degree is called as CO3K1
a.Contractibility b.Elasticity c.Extensibility d.Irritability
5. The muscle to perform any work ----- is required CO4K3
a.Training b.Conditioning c. Exercise d.Energy

Part – B
Answer the following
Answer the following in one or two sentence

5 X 2 = 10

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|--|-------|
| 6. Define Exercise physiology. | CO3K4 |
| 7. What is meant by muscle tone? | CO1K3 |
| 8. What is meant by energy? | CO4K1 |
| 9. What is meant by training? | CO2K2 |
| 10. What is meant by muscular contraction? | CO4K5 |

Part – C
Answer the following
Answer should not exceed 200 words or one page

3 X 5 = 15

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| 11. a) Explain the need and importance of exercise physiology. | CO2K1 |
| (Or) | |
| b) Explain the nature and scope of exercise physiology. | |
| 12. a) Describe the properties of a muscle. | CO2K2 |
| (Or) | |
| b) Explain the functions of muscles. | |
| 13. a) Explain the types of muscle fibers. | CO3K4 |
| (Or) | |
| b) Describe the chemistry of muscular contraction. | |

Part – D
Answer the following
Answer should not exceed 1200 words or six pages

2 X 15 = 30

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|---|-------|
| 14. a) Briefly explain about the structure of skeletal muscle with diagram. | CO4K3 |
| (Or) | |
| b) Enumerate the sliding filament theory of muscular contraction. | |
| 15. a) Describe the effect of exercise on muscular system. | CO4K5 |
| (Or) | |
| b) Briefly explain about the physical properties of muscles | |