

AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER  
EDUCATION FOR WOMEN

Continuous Internal Assessment Test I- February 2019

II Semester

Class: I B.Sc

Time: 2 hours

Major: Physical Education

Max.marks: 60

18BPEEC04 - Anatomy and 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. The Subject Physiology deals with \_\_\_\_\_ of the human body.  
C2K1
3. Movement that reduce the angle and towards the body \_\_\_\_\_  
a. Superior b. Inferior c. Extension d. Flexion  
C2K2
4. This is the most important thing for the muscle to carry out the work  
a. Energy b. strength c. flexibility d. endurance  
C3K1
5. How many pairs of chromosomes are present in the human body?  
a. 23 b. 46 c. 33 d. 8  
C4K3

Part - B

Answer the following in one or two sentence

5 X 2 =10

6. List the subject matters of Anatomy
7. Write down the movements possible in human body.
8. What is Cell?
9. What is Abduction and Adduction?
10. Explain Nucleus.

**Part - C**

**Answer the following**

**Answer should not exceed 200 words or one page**

**3X5=15**

11. a. Explain the need and importance of anatomy and physiology in physical education  
C1K2
- (or)
- b. Explain the descriptive terms used to describe the movements of human body  
C2K2
12. a. Briefly explain the stages of Mitosis.  
C3K4
- (or)
- b. Explain muscular tissues.  
C4K4
13. a. Write about Meiosis  
C3K3
- (or)
- b. Explain the Nerve tissue.  
C3K4

**Part - D**

**Answer the following**

**Answer should not exceed 1200 words or six page**

**2X15=30**

14. a) Enumerate structure and function of cell with neat diagram  
C2K3
- (Or)
- b) Enumerate the bones of human body  
C3K3
15. a) Explain epithelial tissues with diagram  
C3K2
- (Or)
- b) Explain the structure and classification of muscles.  
C3K4

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