Manimuk.

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)
Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test II – April 2023
IV SEMESTER

Class : II B.Sc **Time: 2 hours**
Major : Physical Education **Maximum Marks: 60**

21BPEC12-Physiology of Exercise

Course Outcomes:

At the end of the course, students will

1. Define the human anatomy and physiology.
2. Describe the kinesthetic movement and the physiological effects of exercise in human body
3. Apply the major concepts, theories, and empirical findings in health science.
4. Compare the responses of individuals of differing levels of fitness to a variety of relative and absolute exercise intensities
5. Formulate the physiological bases for differences in exercise responses and performance

Part-A **6x1=6**

Choose the correct answer

1. Which type of muscle fiber generate greatest force production? COIK2
   a. Type I b.Type IIa c. Type IIx d.Type II
2. The most immediate sources of energy available to support exercise function is CO2K3
   a. ATP b. ADP c. glyogen d. phospocreatine
3. Glycogen is stored in which region of a muscle fiber CO2K2
   a. Sarcoplasm b. sarcolemma c.sarcoplasmic reticulam d.T-Tubules
4. which chamber of the heart has the thickest walls CO1K2
   a.right artium b .left artium C. right ventricle
   d. left ventricle

5How does heat build up in muscle contribute to fatigue CO2K2
a. hastens glycogen depletion b .lowers muscles pH c .inhibite nerve impulse transmission to the muscle fiber d. inhibits Gluconeogenesis

6. The sympathetic nervous system would contribute to CO2K2
   a. increased heart rate b. skeletal muscles contraction
   C . . skeletal muscle inhibition d. increased energy conservation

Part- B **3x6=18**

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7 .a. describe in detail about the ventilation during exercise COIK2

(or)

7. b. Write about Cardiac cycle COIK2
8.a. Briefly explain about stroke volume CO2K2

(or)

8.b. Describe about cardiac output CO2K3
9.a .Elaborate the blood pressure CO1K2

(or)

9.b. Write about heart during exercise CO2K3

Part-C **3x12=36**

Answer ALL questions

Each answer should not exceed 800 words or four pages

10.a. Explain about the effect on exercise on muscular system CO2K1

(or)

10. b. Elaborate the different lung volumes and capacities CO2K3

11 a. Write about effect of exercise on respiratory system CO2K1

(or)

11. b. Describe about the effect of exercise circulatory system CO2K3
12.a. Elaborate muscle fiber types CO2K4

(or)

12. Describe about the Sliding filament theory of muscular contrition CO3K4

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