



Munirath.

**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 I August – 2024**  
**Semester I**

**Class: I UG**  
**Major: Physical Education**

**Max Marks: 60**  
**Time : 2 hours**

**23BPEC02 Basic and Systemic Anatomy & Physiology**

**Course Outcomes:**

1. The student will be oriented with the basic structure and function of human body by identifying, comparing and relating different systems, organs and their functional and structural units.
2. Able to Relate and interpret the role of exercise on body systems and its relation to wellbeing, through literature reviews and physical conditioning exercises.
3. Adapt the art to apply the knowledge of anatomy and physiology in physical activity classes at school level.
4. Construct anatomy and physiology related pedagogical materials exploring their creative imaginations while working in group and using technology.
5. Appraise the effects during the training and practical sessions.

**Part A**

**6 x 1 = 6**

**Choose the Correct Answer**

1. Who is the father of anatomy  
(a) Jakob schleiden (b) theoder schwann (c) Robert hooke (d) Robert hentry  
CO3K1
2. Susidal bag  
(a) endocrine gland (b) lysosomes  
(c) mitochantria (d) mesosomes  
CO1K2
3. A cell is made of  
(a) cytoplasm (b) protoplasm (c) nucleous (d) mitochontria  
CO3K1
4. bones classification  
(a) 5 (b) 7 (c) 6 (d) 4  
CO2K1
5. systole means  
(a) A period relaxation (b) A period exhalation  
(c) A period inhalation (d) A period contraction  
CO1K4
6. stroke volume formula  
(a)  $vo2/ca-cv$  (b)  $HR \times SV$   
(c)  $CO/HR$  (d) none of above  
CO1K3

**Part B**

**3 x 6 = 18**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 7 (a). denfinition of anatomy and physiology. CO3K2  
(or)  
(b). effect of exercise on skeletal system. CO2K3
- 8 (a). major classification of muscle CO2K4  
(or)  
(b). types of muscle contraction CO3K1
- 9 (a). short notes on:  
i. Concept of stroke volume,  
ii. cardiac output, and  
iii. cardiac index. CO3K2  
(or)  
(b). short notes on circulatory system CO5K1

**Part C**

**3 x 12 = 36**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

10. (a). Structure and functions of cell CO2K3  
(or)  
(b) Structure and type of bones. CO2K2
11. (a). sliding filament theory. CO3K2  
(or)  
(b). Effect of exercise on muscular system CO4K3
- 12 (a). Structure and function of circulatory. CO4K3  
(or)  
(b). Respiratory system structure and function. CO2K3

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