Avinashilingam Institute for Home Science and Higher Education for Women
[Deemed to be University] Coimbatore-641 043

Bachelor's Degree Examination – April 2019

IV Semester

Class : II UG **Time: 3 hours**
Major : Physical Education **Max. Marks: 100**

15BPEC12 Physiology of Exercise

Part-A **10 x 1=10**
Choose the correct answer

1. Aerobic power is the
   a. Normal O2 consumption b. O2 consumption
   b. Maximum O2 consumption d. Minimum Oxygen consumption

2. During exercise renal blood flow
   a. normal b. decreases
   c. increases d. none of the above

3. The total number of bones in skeletal system is
   a. 203 b. 206 c. 205 d. 204

4. In cervical region consists of _____vertebrae is
   a. 7 b. 5 c. 6 d. 4

5. Lungs are part of _____.
   a. Circulatory System b. Respiratory System
   b. Nervous System d. None of the above

6. Hemoglobin is presented in
   a. Erythrocytes b. Leuocytes
   b. Platelets d. Endocrine glands

7. The temperatures regulation are controlled by
   a. cerebrum b. cerebellum
   c. Hypothalamus d. none of the above

8. Blood is leaving from the heart through
   a. Veins b. Artery c. Tubles d. Superior Venacava

9. The normal blood temperature is
   a. 98.4°F b. 98.5°F c. 98°F d. 98.3°F

10. The blood pressure is measure by
    a. Spiro meter b. peak flow meter
    b. Stethoscope d. Sphygmomanometer

Part- B 5X6=30

Answer the following

Answer should not exceed 400 words or two pages

11. a) Define is fast muscle fibre and its function.

(or)

11. b) Draw a neat diagram of structure of a skeletal muscle and its parts.

12. a) Explain the mechanism of muscle contraction.

(or)

12. b) What is energy? Explain the sources of muscular energy.

13. a) What is a respiration and explain the capacity of respiration.

(or)

13. b) Explain the factors affecting the stroke volume.

14. a) Write short notes on pulmonary ventilation during training.

(or)

14. b) Explain the following: i) Cardiac cycle ii) Stroke volume

15. a) Draw a neat diagram of structure of neuron and its parts.

(or)

15. b) Explain the Neuro muscular junction in the nervous system.

Part- C 5x12=60

Answer the following

Answer should not exceed 800 words or four pages

16. a) Explain the meaning, nature and scope of exercise physiology.

(or)

17. b) Explain the types of muscle fiber and its properties.

17. a) Explain the sliding filament theory of muscular contraction.

(or)

17. b) Explain the composition of muscles.

18. a) Explain the various volume of lung capacities during exercises.

(or)

18. b) Explain the effect of exercises.

19. a) Define exercise physiology? Explain the need and importance of exercises.

(or)

19. b) Explain the following: i) Cardiac output ii) Blood Pressure
iii) Athletic heart

20. a) Explain the effects of exercise and training on nervous system.

(or)

20. b) Explain the following: i) Reflex action ii) Reflex arc iii) Symopathic nervous system.

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