



Mallikarjuna

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 I – February 2023 IV SEMESTER

Class : II UG

Major : Physical Education

Time : 2 hours

Max. Marks : 60

21BPEC12 – Physiology of Exercise

Course Outcomes:

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

Circle the Correct Answer

6 x 1 = 6

1. How many types of muscle fibers are there?
a. 1 b. 2 c. 3 d. 4 CO1K2
2. Skeletal muscles attached with _____
a. Tendon b. Ligament c. Bone d. Muscle CO1K1
3. _____ are the protein filaments of muscle.
a. Actin b. Myosin c. both (a) and (b) d. None of these CO2K2
4. Muscles contract to produce _____
a. Action b. Rest c. Movement d. None of these CO2K1
5. Same tension exists in the muscle is called _____
a. Isotonic b. Isometric c. Isokinetic d. None of these CO1K3
6. Slow twitch muscle fibers are _____ in color.
a. Red b. White c. Grey d. None of the above CO3K2

PART – B

Answer should not exceed 400 words or One Page

3X 6 = 18

7. a. Draw neat diagram of muscle fiber cross structure. CO3K2
(or)
b. Explain Nature and Scope of Exercise Physiology? CO1K2
8. a. Write short notes on skeletal muscle? CO1K1
(or)
b. Enumerate the properties of muscle fiber. CO1K2
9. a. Explain the functions of muscle fiber. CO2K1
(or)
b. Write short notes on energy? CO1K3

PART – C

Answer should not exceed 800 words or four pages

3X12= 36

10. a. Explain the sliding filament theory of muscular contraction. CO1K2
(or)
10. b. Explain the types of muscle fibers. CO3K3
11. a. Explain the types of muscles? CO2K2
(or)
11. b. Explain the effects of exercise on muscular system. CO1K2
12. a. What is muscular contraction? Explain the types of muscular contraction. CO2 K1
(or)
12. b. Write about need and importance of exercise physiology in the field of physical education? CO3K2

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