

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Write down the nature of exercise physiology on the field of physical education.
(or)
- 11.b. Describe with a neat diagram of muscle fibre.
- 12.a. Explain how is energy used in work?
(or)
- 12.b. Explain how does muscle contraction occur?
- 13.a. Write down the purpose of respiratory system.
(or)
- 13.b. How is the respiratory system affected by exercise?
- 14.a. Write a short note on Cardiac output and Stroke volume.
(or)
- 14.b. Write a short note on Blood pressure and Heart rate.
- 15.a. Write down how muscles bring about movement?
(or)
- 15.b. Describe the peripheral nervous system.

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Explain the classifications of skeletal systems and their functions.
(or)
- 16.b. Explain the types of muscle fibre and their physical properties.
- 17.a. Explain Sliding filament theory steps with pictures.
(or)
- 17.b. Explain the effect of exercise and training on muscular system.
- 18.a. Explain the mechanism of Respiratory System
(or)
- 18.b. Describe the effect of exercise and training on Respiratory System
- 19.a. Draw a diagram of anatomical structure of human heart and explain its functions
(or)
- 19.b. Explain the effect of exercise and training on circulatory system
- 20.a. Explain about the central nervous system
(or)
- 20.b. What are classifications of sensory organ and explain that?
