

Continuous Internal Assessment Test II – March 2021

Class : II B.Sc

Time : 2 Hrs.

Major : Physical Education

Max Marks: 30

18BPEC12- 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

6X 1 = 6

1. Which one of the following is a long term effect of exercise on the respiratory system? CO2 K1
a) Increase in cardiac output b) Increase in tidal volume
c) Increase in stroke volume d) Increase breathing rate
2. Which one of the following is a joint problem? CO3 K2
a) Osteoarthritis b) Athlete's foot c) Diabetes d) Obesity
3. Which one of the following is a long term effect of a healthy, active lifestyle? CO4 K1
a) Heart rate increases b) Muscle increase in temperature
c) Blood flow is slower d) Stroke volume increases
4. Which of the following activities would be best described as both aerobic and anaerobic? CO1 K3
a) Sprinting b) Long jump c) Weightlifting d) Tennis
5. If someone's heart has a stroke volume of 70 ml and a heart rate of 90 beat/minute, the cardiac output would be CO4 K4
a) 6.3 L/min. b) 0.77 L/min. c) 70 ml/min. d) 1.28 ml/min.
6. Slow twitch muscle fiber will be present in CO 3 K2
a) Short distance runner b) Marathon runner c) Cricketer d) Video gamer

Part – B

Answer the following

Answer in two pages or do not exceed 200 words

2X6=12

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| 7. Write about Lung Volume and Lung Capacity | CO1 K3 |
| 8. Write short note on Heart rate during and after exercise? | CO2 K4 |
| 9. Brief about energy of work | CO2 K1 |
| 10. What is Reflex action and Reflex Arc | CO3 K4 |

Part – c

Answer the following

Answer in Four pages or do not exceed 700 words

1x12 = 12

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| 11. Explain the Sliding filament Theory | CO3 K2 |
| 12. Describe in detail about Types of Muscle Fiber | CO2 K1 |