

**Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University) Coimbatore – 641 043**

Bachelor of Physical Education Degree Examination – November 2018

I Semester

Class : I B.P.Ed.

Time: 3 Hrs

Max. Marks: 100

18BPDC02 Anatomy, Physiology and Exercise Physiology

Part – A

10 X 1 = 10

Choose the Correct Answer

- _____ is a basic and functional unit of a body.
 - Ameba
 - Heart
 - Cell
 - Bone
- Sternum is a _____ type of bone.
 - Irregular
 - flat
 - long
 - short
- _____ is a immovable joint.
 - knee
 - elbow
 - huge
 - skull
- Impure blood stored in _____ part of the heart.
 - left atrium
 - right atrium
 - left ventricle
 - right ventricle
- The structure composed of two or more tissues are termed as
 - Organ
 - Serous membrane
 - complex tissue
 - organ system
- Smooth muscles found in _____
 - Intestine
 - Spleen
 - Lungs
 - Heart
- _____ is a sensory organ
 - Heart
 - Eye
 - Lungs
 - Brain
- Blood is leaving from the heart through
 - Veins
 - Artery
 - Tubules
 - Nil
- The normal blood temperature is
 - 98.4°F
 - 98.5°F
 - 98°F
 - 98.3°F
- The blood pressure is measured by
 - Spiro meter
 - Peak flow meter
 - Monometer
 - Sphygmomanometer

Part – B

5 X 6 = 30

Answer the following questions

Answer should not exceed 400 words or two pages

11. a. Define Mitosis cell division.
(or)
11. b. Explain structure and functions of a nervous system.
12. a. Explain bones of the skull.
(or)
12. b. Explain the parts of vertebral column.
13. a. Define the stroke volume and cardiac out put.
(or)
13. b. Explain External Respiration.
14. a. Explain and types of Muscles.
(or)
14. b. Explain the structure and functions of kidney.
15. a. Draw a neat diagram of spinal cord and explain its parts.
(or)
15. b. Define : i. Second wind ii. Oxygen debt.

Part – C

5 X 12 = 60

Answer the following questions

Answer should not exceed 800 words or four pages

16. a. Explain the different types of tissues.
(or)
16. b. Explain the types of muscles and its function.
17. a. Draw the structure of heart and explain types of circulation.
(or)
17. b. Explain the structure and functions of respiratory organ.
18. a. Explain the central nervous system.
(or)
18. b. Explain various blood circulation in human body.
19. a. Define : i. Blood pressure ii. Athletic heart
(or)
19. b. Explain the effects of exercise and training on nervous system.
20. a. Explain the following : i. Reflex Action ii. Sympathic Nervous System
(or)
20. b. Explain the effects of training on muscular system.
