Manisekar

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 12 B
Coimbatore-641 043, Tamil Nadu, India

Continuous Internal Assessment Test II – April 2022
Semester IV

Class: II B.Sc
Major: Bachelor of Physical Education

Time: 2 Hrs.
Max Marks: 60

18BPEC12 – Physiology of Exercise
PART – A

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

Circle the Correct Answer **6 x 1 = 6**

1. This is the reason why the SA node acts as heart's pacemaker CO1 K2
   a. because it has a poor cholinergic innervations b. because it has a rich sympathetic innervation
   c. because of its capability of generating impulses d. because it generates impulses at the highest rate

2. " The first branch of the human aorta is CO3 K1
   a. Left subclavian artery b. Brachiocephalic artery
   c. Coronary artery d. Left common carotid artery

3. Weight of the heart in human is CO1 K3
   a. 200 grams b. 400 grams c. 220-260 grams d.300 grams

4. The Quickest and most effective way to stop bleeding is CO2 K2
   a. Direct Pressure on the wound b. Cryotherapy
   c. Hydrotherapy d. Tourniquets

5. Central Nervous systems consists of CO2 K3
   a. Brain and spinal column b. Ribs and vertebral column
   c. Brain and Neurons d. Dendrites and Axons

6. Relaxation of the atria and ventricles is called CO3 K1
   a. Diastole b. Heart murmur c. Systole d. None of the above

PART – B

Answer should not exceed 400 words or One Page **3X 6 = 18**

7. a. Write about Cardiac Muscle? CO3 K2

(or)

7. b. What is Athletic Heart? CO1 K2

8. a. How to calculate cardiac cycle? CO1 K1

(or)

8. b. List out the zones of blood pressure with brief explanation CO1 K2

9. a. Explain the properties of neuron CO2 K1

(or)

9. b. Elucidate the types of muscular contraction CO1 K3

PART – D

Answer should not exceed 800 words or four pages **3X12= 36**

10. a. Explain the effects of exercise on cardiac system CO1 K2

(or)

10. b. Explain the effects of exercise on nervous system CO3 K3

11. a. How to calculate various heart rate zone and find it for 60%,70%,80% and 85% ? CO2K4

(or)

11. b. Write about reflex action with sports example? CO1 K2

12. a. What is Nervous control of muscular movement? CO2 K1

(or)

12. b. write about reflex arc with sports example? CO3 K2