



Munirath.

Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with A++Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test II – April- 2024
IV - SEMESTER

Class : II BSc
Major :Physical Education

Time: 2 hours
Maximum 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

6x1=6

Choose the correct answer

1. An increase in the radius of blood vessel to increase blood flow is known as CO1K2
a. Vasoconstriction b. Hyperemia c. Radiation d. Vasodilation
2. Pulmonary Ventilation refers to CO2K2
a. The rapid exchange of oxygen and CO₂ between the alveoli and blood
b. The total amount of air moved into and out of the lungs
c. The transport of oxygen and CO₂.
d. The rapid exchange of oxygen and CO₂ between the capillaries and tissues.
3. Compared to untrained individuals trained endurance athlete have CO1K3
a. Higher in maximal heart rates b. Higher in resting cardiac outputs
c. Higher in resting heart rate d. Higher in maximal stroke volumes
4. Which type of proprioceptors are found in ligaments and around a joint CO2K3
a. Free nerve endings b. Muscle spindles
c. Pacinian corpuscles d. Golgi type receptors
5. How does heat build up in muscle contribute to fatigue? CO2K34
a. Hastens glycogen depletion b. Lowers muscle PH
c. Inhibits nerve impulse transmission to the muscle fiber
d. Inhibits gluconeogenesis
6. Average human beings at rest breathe in and out _____ times in a minute CO5K3
a. 15- 18 times b. 30- 32 times c. 28- 30 times d. 25- 28 times

Part- B

3x6=18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Explain in detail about the minute and maximal ventilation CO3K3
(or)
7. b. Write about the Cardiac cycle CO3K4
- 8.a . Enumerate about the Stroke volume CO2K3
(or)
- 8.b. write about the Cardiac output CO3K35
- 9.a Describe about Blood pressure CO3K1
(or)
- 9.b. Write about the heart rate response to exercise CO5K3

Part-C

3x12=36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Explain in detail about the effect of exercise on respiratory system CO2K4
(or)
- 10.b. Describe about the different lung volumes and capacities CO3K2
11. a. Explain in detail about heart rate response to exercise and training CO1K2
(or)
- 11.b. Write about the effect of exercise on cardiovascular system CO2K4
12. a. Write about the nervous control of muscular movement CO5K2
(or)
- 12.b. Describe about the measures to control Blood pressure CO2K2