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 I – February 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. Types of muscle fibers are determined by CO2 K1

   a. calorimeter b. biopsy c. spectro photometer d. skinfold caliper

2. "Shin Splint" occurs in CO1 K3

   a. Upper leg b. Lower leg c. Abdomen d. Back

3. Water in the muscles is responsible for CO3 K2

   a. Flexibility b. Strength c. Suppleness d. Endurance

4. Main elements of human bone is CO4 K3

   a. Potassium b. Calcium and Phosphorus c. Phosphorus and iron d. Iron

5. What is the percentage of Water in the muscle tissues CO4 K3

   a. 75% b. 90% c. 85% d. 80%

6. The muscle fiber is covered by a thin membrane called CO2 K4

   a. Cell sap b. Sarcolemmac. Myoglobin d.None of the above

PART – B

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

7. a. Describe Nature and Scope of Exercise Physiology? CO3 K2

(or)

7. b. List out the types of Muscle Fibre? CO1 K2

8. a. Explain the functions of skeletal muscle fibre CO1 K1

(or)

8. b. Enumerate the types of Muscular Contraction CO1 K2

9. a. Explain the properties of tissues CO2 K1

(or)

9. b. Write the ventilation during exercise ? CO1 K3

PART – D

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

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

(or)

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

11. a. Write briefly about the Sliding Filament Theory? CO2K2

(or)

11. b. Draw the structure of Skeletal Muscle Fibre CO1 K2

12. a. What is control of ventilation? CO2 K1

(or)

12. b. Write about Lung Volumes and Capacities? CO3 K2