

*Avinashilingam Institute for Home Science and Higher Education for Women*

Coimbatore – 641 043

Continuous Internal Assessment Test I – February 2019

Semester –IV

Class : II B.Sc Physical Education

Time : 2 Hrs.

Major : Physical Education

Max Marks: 60

15BPEC12 Physiology of Exercise

PART – A

Circle the Correct Answer

5 x 1 = 5

1. The word physiology is derived from  
a. latin                      b. spanish                      c. greek                      d. sanskrit
2. Who found the sliding filament theory of muscular contraction?  
a. Miller                      b. HE.Huxely                      c. Schnider                      d. Mathews
3. Direct source of energy is yielded through  
a. ADP                      b. ATP                      c. RNA                      d. DNA
4. At the time of muscular contraction these comes closer together  
a. Z line                      b. I band                      c. H zone                      d. A band
5. The other name of skeletal muscle is  
a. striated                      b. non striated                      c. smooth                      d. cardiac

PART – B

Answer the Following in One or Two Sentences    5 X 2 = 10

6. Define Physiology of Exercise
7. What is Muscle?
8. What is Myosin?
9. What is Energy?
10. Meaning of treppe

PART - C

Answer the Following

Answer should not Exceed 200 Words or One Page

3 X 5 = 15

11. a. Give the nature and importance physiology of Exercise

Or

11. b. Explain about the chemical composition of muscles

12. a. Elaborate the physical properties of muscle fibre

Or

12. b. Explain the different types of muscle fibers

13. a. Write about the functions of muscles?

Or

13. b. Write about the chemistry of muscular contraction?

PART - D

Answer the Following

Answer should not Exceed 700 Words or Four Pages

2X 15 = 30

14.a. Write the Need and scope of physiology of Exercise?

Or

14.b Draw a neat diagram of microscopic structure of muscle fibre and explain about it

15.a. Explain Sliding Filament theory of Contraction

Or

15.b.Explain the Effect of Exercise on Muscular System

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