Manirafe

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

Bachelor's Degree Examination - May 2022
IV Semester

Class : II UG
Major : Physical Education

Time : 3 Hours
Max. Marks: 100

18BPEC12 Physiology of Exercise

Part A **10 x 1 = 10**
Choose the Correct Answer

1. Actin is a _____ filament. CO1 K1
   a. Thin b. Thick c. Dark d. Light

2. How many types of skeletal musclefibes are there. CO1 K1
   a. 4 b. 2 c. 3 d. 1

3. During the muscular contraction this disappears CO2 K3
   a. I-band b. Z-line c. Actin d. ATP

4. Sliding filament theory was proposed by--- CO2 K2
   a. Hanson b. H.E.Huxley c. H.E.Husley d. None of the above

5. Which of the following are parts of the human respiratory system? CO2 K2
   a. Trachea b. Diaphragm c.Lungs d.All the above

6. The wind pipe is also called the CO1 K1
   a. Trachea b. Diaphragm c.Lungs d Larynx

7. Blood pressure is the pressure exerted by blood against----- CO2 K1
   a. Kidneys b. Artery walls c. Brain d. Stomach

8. A normal heart rate in an adult at rest is CO2 K2
   a. 110 b. 125 c. 60 d. 75

9. Nervous system consists of CO2 K2
   a. Brain b.Spial cord c. Nerves d. All the above

10. What is the unit of nervous system? CO1 K1
    a. Brain b.Spinal cord c. Neuron d. Nerve

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

11.a. Write short note on skeletal muscle with diagram.	CO2 K3
(or)	
11.b. Write down the types of muscle fibres and their physical properties.	CO3 K4
12.a. Explain about sliding filament theory.	CO3 K2
(or)	
12.b. Write about the muscular contraction and its effect during exercise.	CO4 K3
13.a. Write about the mechanism and regulation of Respiration.	CO3 K4
(or)	
13.b. Describe the lung volumes.	CO2 K2
14.a. Write short notes on Cardiac cycle and Stroke volume.	CO3 K3
(or)	
14.b. Write short notes on Blood pressure and Heart rate.	CO3 K3
15.a. Write how does the nervous system control muscular movement.	CO2 K2
(or)	
15.b. Describe the role of neuron during exercise.	CO3 K4

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

16.a. Explain the nature and scope of physiology of exercises.	CO1 K1
(or)	
16.b. Explain structure and functions of skeletal muscle.	CO2 K2
17.a. Explain the effect of exercise on muscular system.	CO3 K2
(or)	
17.b. Explain about the sliding filament theory with diagram.	CO3 K4
18.a. Describe the mechanism of respiratory system with diagram.	CO4 K3
(or)	
18.b. Explain the effect of exercises on respiratory system .	CO4 K2
19.a. Explain the mechanism of circulatory system in human body.	CO4 K2
(or)	
19.b. Explain the effect of exercises on circulatory system.	CO3 K3
20.a. Describe the mechanism of nervous systemwith diagram.	CO2 K2
(or)	
20.b. Explain the effect of exercises on nervous system.	CO3 K4

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