



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. CGPA 3.65/4, Category I by UGC
Coimbatore - 641 043, Tamil Nadu, India
Continuous Internal Assessment II - October 2025
I Semester

Class : I BPEd
Branch : Bachelor of Physical Education

Time: 2hrs
Max. Marks : 60

23BPDC02 - Anatomy and Physiology and Exercise Physiology

Course Outcomes:

1. Understand the basic principles of anatomy physiology and Exercise Physiology
2. Apply the knowledge in the field of physical education and movement activity.
3. Analyze the practical knowledge during the practical situation.
4. Remember and recall the definition of anatomy and physiology and co-relate the principles of physiology.
5. Appraise the effects during the training and practical sessions

Part - A

Circle the correct answer

6 X 1 = 6

1. The taste which is felt at the back of the tongue is
a. bitter b. sweet c. salt d. sour CO3 K1
2. Which part of the eye responsible for protecting eye
a. Lacrimal apparatus b. eye lashes c. eye lid d. eye ball CO1 K3
3. The Gland which is located in the brain is
a. Pitutory b. Thyroid c. Adrenal d. Pineal CO2 K2
4. The upward continuation of Spinalcord is
a. Cerebellum b. Medulla oblongata c. Pons d. Midbrain CO4 K2
5. What is the length of the heart
a. 10 c.m b. 11c.m c. 12.c.m. d. 13 c.m CO4 K2
6. This is the most important thing for the muscle to carry out the work
a. energy b. strength c. flexibility d. endurance CO3 K2

Part - B

Answer should not exceed 200 words or one page

3X6=18

7. a) Differentiate the Sympathetic and Parasympathetic nervous System. CO3 K4
or
7. b) Explain about on Pitutory Gland and Thyroid gland CO2 K3
8. a) Draw a neat diagram Glands and lable its parts CO2 K2
or
8. b) Write about the process of formation of urine CO2 K2
9. a) Write about the properties of Muscle CO3 K5
or
9. b) What is Second Wind and Oxygen Debt CO2 K2

Part – C

Answer the following

Answer should not exceed 1200 words or six page

3X12=36

10. a) Explain about the Central Nervous System in detail
or

CO3 K2

10.b) Describe about Endocrine System

CO2 K2

11.a) Explain about Excretory System with diagram
or

CO3 K4

11.b) Enumerate the effect of exercise on Muscular System

CO3 K3

12.a) Explain about sliding filament theory with diagram
or

CO2 K2

12.b) Write about importance of Exercise Physiology

CO3 K4

Staff Incharge : Dr.P.Vanithamani

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