

Class : II B.Sc  
Major : Physical Education

Time : 2 Hrs.  
Max Marks: 60

**15BPEC12- Physiology of Exercise**

**Part – A**

Circle the Correct Answer

5X 1 = 5

1. Which one of the following is a long term effect of exercise on the respiratory system?
  - a) Increase in cardiac output
  - b) Increase in tidal volume
  - c) Increase in stroke volume
  - d) Increase breathing rate
2. Which one of the following is a joint problem?
  - a) Osteoarthritis
  - b) Athlete's foot
  - c) Diabetes
  - d) Obesity
3. Which one of the following is a long term effect of a healthy, active lifestyle?
  - a) Heart rate increases
  - b) Muscle increase in temperature
  - c) Blood flow is slower
  - d) Stroke volume increases
4. Which of the following activities would be best described as both aerobic and anaerobic?
  - a) Sprinting
  - b) Long jump
  - c) Weightlifting
  - d) Tennis
5. If someone's heart has a stroke volume of 70 ml and a heart rate of 90 beat/minute, the cardiac output would be
  - a) 6.3 L/min.
  - b) 0.77 L/min.
  - c) 70 ml/min.
  - d) 1.28 ml/min.

**Part – B**

Answer the following in two or four lines

5 X 2 =10

6. Define Exercise Physiology
7. Define Cardiac Cycle
8. Define Blood Pressure
9. Define Unit of Nervous system
10. Define Stroke volume

**Part – C**

**Answer the following**

Answer in two pages or do not exceed 200 words

3X5=15

11.a. Briefly explain the Cardiac Exercise

Or

11.b. Write about Cardiac Muscle?

12.a. Write short note on Heart rate during and after exercise?

Or

12.b. Enumerate need of exercise for nervous system

13.a. Explain the cardiac output during and after exercise

Or

13.b. Explain the functions of nervous system

**Part – D**

**Answer the following**

Answer in Four pages or do not exceed 700 words

2x15 = 30

14.a. Write the effect of exercise on cardiac system?

Or

14.b. Write the reflex arc and reflex action with suitable examples?

15.a. Explain the effect of exercise on nervous system

Or

15.b. Explain the effect of exercise on nervous system

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