



Maurice

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 Test I- August 2024
I Semester

Class: I B.P.Ed
Major : Physical Education

Time: 2 hours
Max.marks: 60

23BPDC02 Anatomy and Physiology and Exercise Physiology

Course Outcome:

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. Analyse 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 6X1=6

1. What is Human Anatomy? CO2K2
a. Functions of body parts b. Structure of human body
c. Bacteria and viruses d. Diseases and causes
2. It plays vital role at the time of cell division CO1K3
a. Microsome b. Centrosome c. Lysosome d. Micro tubule
3. Lysosomes are called suicide bags because CO3K2
a. Causing death b. digesting wastes c. Releasing enzymes d. protects cell
4. The Nodes of Ranvier are found in CO2K1
a. nerve cells b. heart cells c. liver cells d. blood cells
5. Skletal muscles is also known as CO2K2
a. Cardiac muscle b. striated muscle c. smooth muscle d. non – striated muscle
6. It is a connective tissue which connects two bones CO4K2
a. Tendons b. Cartilages c. ligaments d. muscles

Part – B

Answer should not exceed 200 words or one page

3X6=18

7. a. Draw a neat diagram of cell and explain its parts. CO2K2
(or)
7. b. Describe the various terms used in anatomy for the movements. CO1K2
8. a. Draw a neat diagram nervous tissue and explain about the parts. CO1K2
(or)
8. b. Explain about Stratified epithelial tissue with diagram. CO3K2
9. a. Describe the bones of skull with diagram. CO4K2
(or)
9. b. Write about the synovial joint CO4K2

Part – C

Answer the following

Answer should not exceed 1200 words or six page

3X12=36

10. a) Explain about the tissues in detail CO1K2
Or
b) What is anatomy and physiology: answer in detail CO3K4
11. a) Explain detail about the Skeletal system CO2K2
Or
b) Draw a neat diagram of Heart and explain its functions in detail. CO3K2
12. a) Write short notes on CO4K3
• Blood Groups,
• Blood pressure,
• Cardiac cycle,
• Cardiac Output Or
- b) Write about the Circulatory system in detail. CO3K2

Dr.P.Vanithamani
Head and Associate Professor

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