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 II– April- 2026
II - SEMESTER

Class : I BSC **Time: 2 hours**
Major: Physical Education **Maximum Marks :60**

23BPE06 Exercise physiology

Course Outcomes:

CO1.The student would be empowered with the applicable knowledge of physiology in physical activity and sports
CO2 The learner would be able to incorporate this knowledge in the training and coaching programme for the betterment of his trainee's performance
CO3. Apply the major concepts, theories and empirical finding in health science
CO4. Compare the responses of individuals of differing levels of fitness to a variety of relative and absolute exercise intensities.
CO5. Formulate the physiological bases for differences in exercise responses and performance

Part-A **6x1=6**
Choose the correct answer

1. What is the primary cause of heat stroke during exercise? CO1K2
   a. Excessive drinking of water b. Dehydration
   c. Failure of body's thermoregulatory system d. Low blood sugar
2. When exercising in the cold, what is the most important reason for wearing layers? CO2K2
   a. To look fashionable b.To trap air and provide insulation
   c. To prevent sweat from evaporating d. Increase convection
3. For long duration exercise in the cold what type of clothing layer should be avoided CO2K3
   a. Wool b. Polyester
   c. Cotton d. Synthetic blends
4. Compared to untrained individuals trained endurance athletes have CO3K2
   a. Higher maximal heart rates b. Higher resting cardiac outputs
   c. Higher resting heart rates d. Higher maximal stroke volume
5. Another name for skeletal muscle is CO2K2
   a. Striated b. None striated
   c. Smooth d. Cardiac
6. The gains of strength that occur during the initial phase of a resistance training Program is Primarily due to CO2K3
   a. Neural adaptations b. Muscle fiber hypertrophy
   c. Muscle fiber hyperplasia d. Muscle fatigue

Part- B **3x6=18**
Answer ALL Questions
Each answer should not exceed 400 words or two pages

7. a. Describe about the body temperature regulations C02K2
   (or)
   b Write about the types of muscle fibers CO2K3
8. a. Explain about the acclimatization to exercise in the heat climate CO2K2
   (or)
   b. Explain about exercise performance at altitude CO3K3
9. a. Describe about the ergogenic aids and exercises CO3K3
   (or)
   b Write about the age-related changes in response to exercise CO3K3

Part-C **3x12=36**
Answer ALL questions
Each answer should not exceed 800 words or four pages

10. a. Describe about the physiological response to exercise in the cold climate CO2K2
    (or)
    b. Briefly explain about the health risks during exercise in cold climate CO2K3
11. a. Explain about the physiological response to acute altitude exposure CO2K3
    (Or)
    b. Describe about the effect of exercise on muscular system CO2K3
12. a. Elucidate the sliding filament theory of muscular contraction CO2K2
    (or)
    b. Enumerate the structure of skeletal muscles CO2K2

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No. of Copies: 21 **Staff in-charge: Dr. T. Shanmugavalli**