

**Avinashilingam Institute for Home Science and Higher  
Education for Women**

**Continuous Internal Assessment Test II – February 2021**

**Class: I B.P.Ed**

**Time: 2 hours  
Max.marks: 60**

**18BPDC02 - 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**

**5X1=5**

1. The taste which is felt at the side of the tongue CO3 K1  
a. bitter    b. sweet    c. salt    d. sour
2. Which part of the eye responsible for tears CO1 K3  
a. Lacrimal apparatus    b. eye lashes    c. eye lid    d. eye ball
3. The Hormone which is controlled by the cerebrum is CO2 K2  
a. Pitutory    b. Thyroid    c. adrenal    d. pineal
4. The cross section of nerves occur in CO4 K2  
a. Cerebellum    b. Medulla oblongata    c. pons    d. Midbrain
5. How many liters of urine is formed in a hour CO4 K2  
a. 2    b. 8    c. 4    d. 6
6. This is the most important thing for the muscle to carry out the work CO3 K2  
a. Energy    b. strength    c. flexibility    d. endurance

**Part – B**

**Answer should not exceed 200 words or one page**

**3X5=15**

7. Differentiate the Sympathetic and Parasympathetic nervous System. CO3 K4
8. Draw a neat diagram of eye and Ear and label its parts CO2 K2
9. Give the functions of Cerebrum and Cerebellum CO3 K4
10. Write about importance of Exercise Physiology CO2 K2

**Part – C**

**Answer the following**

**Answer should not exceed 1200 words or six page**

**2X15=30**

11. Explain the structure and functions of the skin CO3 K4
12. Explain the structure, composition, properties and functions of skeletal muscle CO3 K4