

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

**Continuous Internal Assessment Test II - October 2019**

**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**

1. The taste which is felt at the tip of the tongue  
a. bitter      b. sweet      c. salt      d. sour  
CO3 K1      5X1=5
2. Which part of the eye secretes tears  
a. Lacrimal apparatus      b. eye lashes      c. eye lid      d. eye ball  
CO1 K3
3. The Hormone which is controlled by the cerebrum is  
a. Pituitary      b. Thyroid      c. adrenal      d. pineal  
CO2 K2
4. The cross section of nerves occur in  
a. Cerebellum      b. Medulla oblongata      c. pons      d. Midbrain  
CO4 K2
5. How many liters of urine is formed in a hour  
a. 2      b. 8      c. 4      d. 6  
CO4 K2

**Part - B**

**Answer the following in one or two sentence**

**5x2=10**

6. Give the specification of Kidney  
CO2 K2
7. List down the Endocrine Glands  
CO4 K1
8. What is Cerebrum  
CO4 K2
9. List down the digestive organs  
CO2 K2
10. List down the Respiratory Organs  
CO2 K2

**PART - C**

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

**3X5=15**

- 11. a. Differentiate the Sympathetic and Parasympathetic nervous System. CO3 K4
- b. Write about Thyroid Gland (or) CO2 K2

- 12. a. Draw a neat diagram of eye and Ear and label its parts CO2 K2

- b. Give the functions of Cerebrum and Cerebellum CO3 K4

- 13. a. Write about importance of Exercise Physiology CO2 K2
- (or) CO2 K2
- Write about the Changes in circulation while doing exercise

**Part - D**

**Answer the following**

**Answer should not exceed 1200 words or six page** **2X15=30**

- 14. a. What is Nervous system – Explain CO2 K2
  - (or) CO3 K4
  - b. Explain the structure and functions of the skin
- 15. a. Explain the structure, composition, properties and functions of skeletal muscle CO3 K4
  - (or) CO3 K4
  - b. Explain the effect of exercise on circulatory system.