

15BP22

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Name.....

Reg.No.....

SECOND YEAR B P Ed. DEGREE EXAMINATION, MAY 2017
CC15U BPE2 T7 – PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE
(2015 Admission Onwards)

Time: Three Hours

Maximum:75 Marks

Answer any **five** questions of which **three** questions should be from **Part-A** and **two** questions from **Part-B**, including **question 8** which is **compulsory**

Part-A

1. The study of Physiology and Physiology of Exercise is very essential in modern sports. Why? **(15x1=15 Marks)**

2. Explain

(a) Anaerobic metabolism

(b) Salivary gland

(c) Cardiac cycle **(3x5=15 Marks)**

3. **(A) Match the following**

1 Maltase - Elevated body temperature

2 Wharton's duct - Kidney

3 Hypothalamus - Vital capacity

4 Trypsin - Duodenum

5 Myocardium - Brain

6 Bile - Small Intestine

7 Pepsin - Submandibular duct

8 Wet Spiromter - Heart

9 Renal sinus - Pancreas

10 Hypothermia - Gastric enzyme **(10x1=10 Marks)**

(B) Fill in the blanks

(a)is used to measure body fat.

(b) are also known as fast twitch fiber.

(c) Functional unit of kidney is known as.....

(d) is the universal energy donor.

(e) The excess oxygen uptake during recovery above rest is called

(5x1=5 Marks)

4. Function of

- (a) Liver
- (b) Kidney
- (c) Cerebrum and Cerebellum

(3x5=15 Marks)

5. Explain

- (a) ATP-PC System
- (b) Causes of fatigue
- (c) Physiology of warming up

(3x5=15 Marks)

Part-B

6. Describe the effect of exercise on circulatory and muscular system.

(15x1=15 Marks)

7. Describe briefly

- (a) ATP-PC System
- (b) Causes of fatigue
- (c) Physiology of warming up

(3x5=15 Marks)

8. Write short note on any *five* of the following

- (a) Blood Pressure
- (b) Reflex action
- (c) Muscle Tone
- (d) Dead space
- (e) Second wind
- (f) EPOC
- (g) Stitch and cramps

(5x3=15 Marks)
