

C 45605

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Name.....

Reg. No.....

**SECOND YEAR B.P.E. DEGREE (REGULAR/SUPPLEMENTARY)
EXAMINATION, SEPTEMBER/OCTOBER 2013**

Paper X—PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE

Time : Three Hours

Maximum : 75 Marks

Answer any five questions of which three questions from Part A and two questions from Part B including Question 8, which is compulsory.

Part A

1. Briefly explain the functions of autonomous nervous system. (15 marks)
2. Explain :
 - (a) Carbohydrate metabolism.
 - (b) Tissue respiration.
 - (c) Aerobic activity.(3 × 5 = 15 marks)
3. Describe :
 - (a) Aorta.
 - (b) Reciprocal innervations.
 - (c) Functions of liver.(3 × 5 = 15 marks)
4. Write notes on :
 - (a) Spinal cord.
 - (b) Warming up and conditioning.
 - (c) Salivary glands.(3 × 5 = 15 marks)
5. Enumerate the following :—
 - (a) Bronchioles
 - (b) Neuron
 - (c) Neuromuscular co-ordination.(3 × 5 = 15 marks)

Turn over

Part B

6. What is exercise physiology? Explain its need and importance in Physical Education. (15 marks)

7. Explain :

- (a) Bio electric potential.
- (b) Oxygen debt.
- (c) Stroke volume.

(3 × 5 = 15 marks)

8 Write short note on any *five* of the following :-

- (a) Muscle fatigue.
- (b) Small intestine.
- (c) Ultra filtration.
- (d) Protein metabolism.
- (e) CNS.
- (f) Sphygmomanometer.
- (g) Concentric contraction.
- (h) Sliding filament theory.

(5 × 3 = 15 marks)