17BP22 (Pages: 2) Name……..……

Reg. No……..……

SECOND YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATION, APRIL 2019

(Regular/Supplementary/Improvement)

CC15U BPE2 T7 - PHYSIOLOGY AND PHYSIOLOGY OF EXERCISE

(2015 Admission onwards)

Time: Three Hours Maximum: 75 Marks

Answer any ***three*** questions from **Part A** and ***one*** question from **Part B**.

Part C is compulsory.

PART A

1. Define physiology and explain the effect of exercise on cardiorespiratory systems.

(1 x15 = 15 Marks)

2. Write short notes on the following:

   a. Contractile proteins. b) Pulmonary respiration. c) Function of Liver.

(3 x 5 = 15 Marks)

3. (A) Fill in the blanks:

   1. Normal body temperature of human body is .....
   2. Blood pressure is measured by .....
   3. Vital capacity is measured by .....
   4. ..... is required for the break down of ATP.
   5. Expansion of SA node is .....
   6. Bile is secreted by .....
   7. Lowered body temperature is .....
   8. Term used for decrement in size of cell is .....
   9. Maximal oxygen consumption is termed as .....
   10. ..... muscle fibres are more suited for aerobic activities.

(10 x 1 = 10 Marks)

(B) Match the followings:

11. Pancreas	-	Adipose
12. BMI	-	Heart
13. FAT	-	Obesity
14. Myocardium	-	Artery
15. Aorta	-	Diabetics

(5 x 1 = 5 Marks)

4. Describe the following:

   a) Physiology of fatigue. b) Tissue respiration. c) Osmotic regulation.

(3 x 5 = 15 Marks)

5. Explain the following:

   a) Aerobic metabolism of carbohydrate.

   b) Effect of exercise on Muscular system.

   c) Accessory glands.

(3 x 5 = 15 Marks)

PART B

6. a. Characteristics of muscle b. Factors affecting speed.

(2 x 7½ = 15 Marks)

7. Briefly explain the following:

   a) Double circulation.

   b) Thermo regulation.

   c) Lactic acid tolerance.

(3 x 5 = 15 Marks)

PART C

8. Write short notes on any ***five*** of the following:

   a) Pons.

   b) Dead space ventilation.

   c) Cardiac hypertrophy.

   d) EPOC

   e) Reflex Action.

   f) Stitch.

   g) Latent period.

   h) Second wind.

(5 x 3 = 15 Marks)

****