

(6 pages)

Reg. No. : .....

**Code No. : 20359 E      Sub. Code : AMPE 51**

B.Sc. (CBCS) DEGREE EXAMINATION,  
NOVEMBER 2022.

Fifth Semester

Physical Education – Core

**EXERCISE PHYSIOLOGY**

(For those who joined in July 2020 onwards)

Time : Three hours

Maximum : 75 marks

**PART A — (10 × 1 = 10 marks)**

Answer ALL questions.

Choose the correct answer :

1. Alveoli is present in
  - (a) Heart
  - (b) Bones
  - (c) Lungs
  - (d) Brain
2. The normal value of blood pressure
  - (a) 120/80mm & Hg
  - (b) 100/50mm & Hg
  - (c) 190/100mm & Hg
  - (d) 50/40 mm & Hg

3. Which valve is situated in between the tight atrium and right ventricle?
  - (a) Tricuspid valve
  - (b) Bicuspid valve
  - (c) Pulmonary artery
  - (d) Pulmonary vein
4. Blood pressure is
  - (a) The amount of blood pumped out of the heart in one stroke
  - (b) The amount of blood pumped circulating through the body
  - (c) The amount of pressure on the heart walls
  - (d) The amount of pressure exerted by the blood on the inner walls of the arteries
5. Name the site where digestion of proteins occurs
  - (a) Pancreas
  - (b) Rectum
  - (c) Liver
  - (d) Ileum
6. Which nervous system controls skeletal muscles
  - (a) Sympathetic
  - (b) parasympathetic
  - (c) Afferent
  - (d) Somatic

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7. Cardiac muscles shares what property with skeletal muscles?

- (a) Both are under somatic control
- (b) Both are multi nucleate
- (c) Both are striated
- (d) Neither has true sarcomere

8. Pure blood will be circulated through \_\_\_\_\_ to all over body

- (a) Right ventricle      (b) Left Ventricle
- (c) Right Atrium      (d) Left Atrium

9. Human have \_\_\_\_\_ lobes in the left lung

- (a) 4      (b) 2
- (c) 3      (d) 1

10. The lungs are protected by

- (a) Sternum      (b) Rib cage
- (c) Back bone      (d) All of these

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PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).  
Each answer should not exceed 250 words.

11. (a) Explain the need and importance of exercise physiology.

Or

(b) Discuss about the definitions of physiology and exercise physiology.

12. (a) Draw a neat diagram of Heart.

Or

(b) Explain about the cardiac cycle.

13. (a) Explain about exchanges of gases.

Or

(b) Explain about mechanism of breathing.

14. (a) Draw a neat diagram of neuron.

Or

(b) Explain about reflex action.

15. (a) Explain about oxygen dept.

Or

(b) Explain about anaerobic metabolism.

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**PART C — (5 × 8 = 40 marks)**

Answer ALL questions, choosing either (a) or (b)  
Each answer should not exceed 600 words.

16. (a) Explain about the acute response to exercise in detail.

Or

- (b) Explain the sliding filament theory.

17. (a) Explain about aerobic metabolism.

Or

- (b) Explain about transmission of nerve impulse.

18. (a) Explain about the effect of exercise on pulmonary ventilation.

Or

- (b) Explain about the alveolar ventilation.

19. (a) Explain about the effect of exercise on cardiovascular system.

Or

- (b) Explain about the effect of exercise on respiratory system.

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20. (a) Explain about the exercise risk at cold climate in detail.

Or

- (b) Explain the physiological factors affecting skills and motor ability in detail.
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