

(6 pages)

Reg. No. : .....

Code No. : 20585 E Sub. Code : CMPE 51

B.Sc. (CBCS) DEGREE EXAMINATION,  
NOVEMBER 2023

Fifth Semester

Physical Education – Core

EXERCISE PHYSIOLOGY

(For those who joined in July 2021–2022)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Physiology is the branch of biology dealing with the functions and activities of
- (a) living organisms (b) living place
- (c) taking food (d) playing

2. A French physician. who first introduced the term “physiology” is
- (a) Jeen coach (b) John Berman
- (c) John coach (d) Jean Fernel
3. The pulmonary circulation is a short loop from the heart to the
- (a) Eye (b) lungs
- (c) Liver (d) Ear
4. The blood transports the gases to and from the tissue cells
- (a) is called external respiration
- (b) is called internal respiration
- (c) is called locomotor
- (d) is called skill
5. Regular physical activity can improve your
- (a) Knowledge (b) power
- (c) muscle strength (d) memory power
6. Best exercise for nerves is
- (a) studying (b) Massaging
- (c) sleeping (d) eating





7. The chemical reactions in the body's cells that change food into energy is
- (a) Workout (b) playing  
(c) rest (d) Metabolism
8. Mild to moderate physical activity is usually good if you have a
- (a) common cold (b) fever  
(c) leg fracture (d) hand fracture
9. It increases your heart rate and therefore your blood flow.
- (a) Warm down (b) jumping  
(c) setting (d) Warming up
10. A temporary oxygen shortage in the body tissues arising from exercise is called
- (a) Carbon debt (b) Oxygen debt  
(c) Energy debt (d) Warming debt

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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) Define the Physiology in physical education.  
Or  
(b) Define the importance of exercise physiology.
12. (a) What is cardio respiratory physiology?  
Or  
(b) Explain cardio respiratory respiration.
13. (a) Define the best exercise for the nervous system?  
Or  
(b) What are the three types of muscle tone?
14. (a) Define Metabolism.  
Or  
(b) How aerobic metabolism change to energy?
15. (a) What are the Factors affecting Motor Development?  
Or  
(b) What is motor fatigue?

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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) Write briefly about the importance of exercise physiology.

Or

- (b) Describe the physiological aspects of exercise and sports?

17. (a) Write down the types of blood circulation.

Or

- (b) What are the parts of respiratory system?

18. (a) Explain how to develop muscular system.

Or

- (b) Describe how develop the Effects of Exercise on the Skeletal System?

19. (a) What are the major differences between aerobic and anaerobic metabolism give an example of an aerobic reaction and an anaerobic reaction?

Or

- (b) Write detail about the Benefits of High Altitude Training.

20. (a) Describe the two components of oxygen debt and its types?

Or

- (b) Write in details about the types of doping.
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