

17002

M.P.Ed. DEGREE EXAMINATION, NOVEMBER 2017.

FIRST SEMESTER

Paper II — PHYSIOLOGY OF EXERCISE

Time : Three hours

Maximum : 75 marks

(No additional sheet will be supplied)

PART A — (5 × 5 = 25 marks)

Answer any FIVE questions.

Each question carries 5 marks.

Each answer should not exceed 2 pages.

1. Macro and Micro structure of the muscle.
2. Effect of exercise on muscular system.
3. Oxygen recovery.
4. Stroke Volume interactions.
5. Anatomical Dead Space.
6. Anabolism and Catabolism.
7. Anaerobic Threshold.
8. Acclimatization.

PART B — (5 × 10 = 50 marks)

Answer ALL questions.

Each question carries 10 marks.

Each answer should not exceed 5 pages.

9. Define Exercise physiology and explain the importance of knowledge of Exercise physiology for Physical Education.

Or

10. What is muscle fiber explain the types of muscle fibers and their characteristics?

11. Explain the effect of exercise and training on cardiovascular system.

Or

12. Describe the structure of the Heart and explain the circulative system of blood.

13. What is Respiration and explain the mechanism of Respiration?

Or

14. Explain the exchange of Gases in lungs and Tissues.

15. What is Metabolism? Explain the Metabolism during rest and exercise.

Or

16. Define Metabolism. Explain the sequences of aerobic and anaerobic metabolism.

17. What is Climatic condition and explain hot, cool and humid climate conditions and sports performance?

18. Explain the processes of thermoregulation and acclimatization during rest and exercise.

