

17002

M.P.Ed. DEGREE EXAMINATION, OCTOBER/NOVEMBER 2019.

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. Explain the Macro and Micro structure of the Skeletal muscle.
2. Explain different types of muscle fibres.
3. Differentiate between cardiac circulation and cardiac cycle.
4. Describe the Heart rate and stroke volume interactions in Human body.
5. What is ventilation of Rest and During Exercise period.
6. Explain the Internal and External Respiration.
7. Describe the Role of metabolism during rest and exercise.
8. Explain the Aerobic Metabolism.

PART B — (5 × 10 = 50 marks)

Answer ALL questions.

Each question carries 10 marks.

Each answer should not exceed 4 pages.

9. Explain the Role of Exercise physiology in sports.

Or

10. Describe the effects of Exercise and Training on the muscular system.

11. Discuss the effects of exercise and training on cardiovascular system.

Or

12. Describe the structure of the heart with a neat diagram.

13. Explain the effect of Exercise and Training on Respiratory system.

Or

14. Describe the exchange of gases in lungs and tissues.

15. Define metabolism and explain the different types of metabolism.

Or

16. Describe the A.T.P. system.

17. What is the importance of temperature and humidity in sports performance.

18. Explain the functions of W.A.D.A.

