

M.P.Ed. Examination, 2016

Semester – I

Course – MPCC-102

(Physiology of Exercises)

Time: 3 Hours

Full Marks: 70

Questions are value as indicated in the margin.

Answer one question from each unit

UNIT-I

1. Describe the micro structure of skeletal muscles with diagram. 14

OR

Discuss the effects of exercises and training on muscular system. 14

UNIT-II

2. Write a note on human heart and circulation with the help of diagram. 14

OR

What are the effects of exercise and training on human heart and its functions? 14

UNIT-III

3. How does exercise and training induce changes in our respiratory system? 14

OR

Write notes on **any two** of the following : 2×7=14

- a) Exchange of gases in lungs
- b) Mechanism of breathing
- c) Oxygen debt.

UNIT-IV

4. What is anaerobic metabolism? Describe the phosphagen system for producing energy in a body. 14

OR

Write an exhaustive note on ATP and its production in the body. 14

UNIT-V

5. "Sports performance and Doping—a burning issue"—Discuss in detail from physiological point of view. 14

OR

Write on **any one** of the following: 14

- a) Altitude acclimatization and sports performance
- b) Thermoregulation and Exercise.
