

B.P.Ed. Semester-II Examination, 2015

Physical Education

Course : BPED - 122

(Anatomy, Physiology & Exercise Physiology)

Time : Three Hours

Full Marks : 40

Questions are of value as indicated in the margin.

Answer one question from each unit.

Unit - I

1. Describe in detail the processes of digestion with diagram. What is peristalsis? 7+1=8

OR

Explain with diagram how does the excretory system help to regulate the internal environment? 8

Unit-II

2. Name and locate endocrine glands with diagram. Discuss the functions of adrenal and thyroid glands. 2+6=8

OR

Distinguish between neuron and nerve. Discuss the role of nervous system in the control of body function. 2+6=8

Unit-III

3. Discuss the human reproductive system. 8

OR

Discuss how human immune system defend against external environment? 8

Unit-IV

4. Explain effect of exercise and training on muscular system. 8

OR

Write eccentric muscular contraction, causes of muscular fatigue, causes of muscle cramp and hypertrophy of muscle. 2+2+2+2=8

Unit-V

5. Discuss effect of exercise and training on cardiac output, stroke volume, resting heart rate and blood pressure. 2+2+2+2=8

OR

Discuss the effect of exercise and training on respiratory system. 8
