

M.P.Ed. Semester-I Examination 2014

Course : MPED-113

(Exercise and Sports Physiology-I)

Time : Three Hours

Full Marks : 40

Questions are of value as indicated in the margin

Answer **one** question from each unit

UNIT - I

1. Discuss the origin and scope of Exercise physiology. 4+4=8

OR

What are the different energy sources present in Human body? Discuss the role of ATP-PC system in sports activities. State the protocol for measurement of energy expenditure during aerobic activity. 2+3+3=8

UNIT - II

2. Describe in detail the mechanism of neural control of muscular movement. 8

Or

What is muscle tone? Explain the structure & function Golgi tendon organ & muscle spindle. What do you mean by NMJ. 1+3+3+1=8

UNIT - III

3. Discuss the mechanism of transportation of O₂ and CO₂ during rest and exercise. 8

Or

Discuss circulatory control during exercise. 8

UNIT - IV

4. Discuss the factors which influence training effects. Describe the physiological factors of Endurance Development. 4+4=8

Or

State different types of muscle contraction mentioning at least one example of each. State Physiological changes in strength due to Training. 4+4=8

UNIT - V

5. What are the differences between macro and micronutrients? Explain how diet affects performance. 4+4=8

Or

What is 'Drug' and 'Dope'? State in activities of WADA and NADA? List down the banned drugs by IOC. 2+3+3=8
