

B.A./B.Sc. (Honours) Semester-V Examination 2014

Physical Education

Course : BABSCH-351

(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. What do you mean by Exercise Physiology? Discuss the nature of sports Physiology in Physical Education. 2+6=8

OR

Describe the role of Exercise Physiology in high performance. 8

UNIT - II

2. Describe the effects of exercise on endocrine and immune systems. 8

Or

What are the long term effects of exercise on respiratory and circulatory systems. 8

UNIT - III

3. State briefly the mechanical changes associated with muscular contractions. 8

Or

How energy is yielded during the course of aerobic exercise. 8

UNIT - IV

4. What is Neuromuscular junction? Describe in brief the mechanism of transmission of nerve impulse across the neuromuscular junction. 2+6=8

Or

What do you mean by neuropsychology? What are the needs of neuropsychology in the field of Physical Education and sports? 2+6=8

UNIT - V

5. Describe the Physiological concept of Physical fitness. 8

Or

Describe the physiological factors affecting skill and motor ability. 8
