

M.P.Ed. Examination, 2018

Semester-I

Physical Education

Course: MPCC-102

(Physiology of Exercises)

Time: Three Hours

Full Marks: 70

Questions are of value as indicated in the margin

Answer any one question from each Unit.

UNIT-I

1. What do you mean by chemical composition of muscle? State elaborately about Macro and Micro structure of skeletal muscle. 4+10=14

OR

Define Muscle Tone. Write the effect of exercises and training on the muscular system.

2+12=14

UNIT-II

2. Draw a diagram of human heart and state its systematic circulation of blood. 4+10=14

OR

Write brief note on the following:

7+7=14

(a) Cardiac cycle

(b) Factors affecting heart rate

UNIT-III

3. Explain in detail about the mechanism of Respiration. State the process of gases exchange in the Tissue. 7+7=14

OR

What is O₂ debt? Write in detail about the effect of exercises and training on the respiratory system.

UNIT-IV

4. What is aerobic metabolism? State the ATP-PC system of energy during rest. 3+11=14

OR

Define short duration high intensity exercises. What is anaerobic metabolism? 7+7=14

UNIT-V

5. What is Thermoregulation? Is climatic condition influences sports performance?

4+10=14

OR

State the effect of Anabolic steroids, Beta Blocker, Creative, Growth Hormone on sports performance.

14
