

B.A./B.Sc. (Honours) Examination, 2016
Semester-V
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. Write the meaning of Exercise Physiology. Explain the importance of Exercise Physiology. 2+6=8

or

2. Describe the role of Sports Physiology in high performance. 8

Unit-II

3. Write short notes on: (a) Cardiac Output (b) Vital Capacity 4+4=8

or

4. What is Sarcomere ? What are the exercise and training effects on Circulatory system? 2+6=8

Unit-III

5. State briefly the mechanical changes associated with muscular contractions. 2+6=8

or

6. Write the name of the component that required to enter into the Krebs cycle? How energy is yielded during the course of aerobic exercise? 2+6=8

Unit-IV

7. Write short notes on: (a) Neuropsychology (b) Proprioceptor 4+4=8

or

8. What is neuro-transmitter ? Describe the mechanism of transmission of nerve impulse across the neuromuscular junction . 2+6=8

Unit-V

9. What is cooling down? Explain briefly the physiological concept of fatigue. 2+6=8

or

10. Write short notes on (a) Physical fitness (b) Warming up 4+4=8
