

B.Sc. 6th Semester (Honours) Examination, October 2020

Subject: PHYSIOLOGY

Course ID: 62517

Course Code: SH/PHY/604/DSE-4(T)

Course Title: Sports and Exercise Physiology

Full Marks: 15

Time: 45 Minutes

The figures in the margin indicate full marks.

Candidates are required to give their answers in their own words as far as practicable.

Answer all the questions.

UNIT I

1. Answer any three of the following questions: (1×3=3)
- (a) What is ATP-CP system?
 - (b) Why does isometric exercise increase BP?
 - (c) What is anaerobic capacity?
 - (d) Mention the full form of EPOC.
 - (e) Mention any two adverse effects of overtraining.
 - (f) What is fatigue?
 - (g) Define doping.
 - (h) What is meant by sports anaemia?

UNIT II

2. Answer any two of the following questions: (3×2=6)
- (a) What is sports training? Describe the principles of sports training. 1+2=3

- (b) What is sports rehabilitation? State the importance of regular exercise in health and wellbeing. 1+2=3
- (c) What is ergogenic aids? Mention the any one role of ergogenic aids on physical performance. 1+2=3
- (d) What are sports related injuries? How can they be managed? 2+1=3
- (e) Name the laboratory methods for PFI determination. Which is the best method? 2+1=3
- (f) Write the role of any two nutritional supplements in sports. 3

UNIT III

3. Answer any one of the following questions: (6×1=6)
- (a) What is VO₂ max? Describe the methods of measurement of VO₂ max. 2+4=6
- (b) Discuss the effect of training on heart and vascular system. 4+2=6