

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

Subject: PHYSIOLOGY

Course ID: 62518

Course Code: SP/PHY/601/DSE-1B (T)

Course Title: Exercise and Sports 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) Define anaerobic work.
 - (b) What do you mean by ergogenic aids?
 - (c) What is aerobic power?
 - (d) What is fatigue?
 - (e) Name two nutritional supplements.
 - (f) What is training?
 - (g) Name one high energy compound in our body.
 - (h) .What is tachycardia?

UNIT II

2. Answer any two of the following questions: (3×2=6)
- (a) Write down the importance of regular exercise in health and wellbeing. 3
 - (b) Write the basic principle of physical training. 3

- (c) What is EPOC? Mention the different phases of EPOC. 1+2 =3
- (d) Discuss in brief about the basic concept of bioenergetics. 3
- (e) What is sports injury? What are the main causes of sports injury? 1+2=3
- (f) How energy is generated through phosphagen system during exercise? 3

UNIT III

3. Answer any one of the following questions: (6×1=6)
- (a) What do you mean by anaerobic capacity? Describe the role of various factors affecting VO_2 max of an individual. 1+5=6
- (b) Describe the cardio-respiratory changes during muscular exercise. 3+3=6