



QP CODE: 24801012



24801012

Reg No : .....

Name : .....

**M.P.E.S DEGREE EXAMINATION, FEBRUARY 2024**

**First Semester**

MASTER OF PHYSICAL EDUCATION AND SPORTS

**CORE - PE030102 - PHYSIOLOGY OF EXERCISE**

2020 Admission Onwards

7C7B179A

Time: 3 Hours

Weightage: 30

**Part A (Short Answer Questions)**

*Answer any **eight** questions.*

*Weight 1 each.*

1. Detail the structure of a skeletal muscle.
2. Is isometric a dynamic contraction?
3. What is the fastest way to improve heart health?
4. What do you mean by stroke volume?
5. What do you mean by Bronchi?
6. What is residual volume?
7. What do you mean by anaerobic threshold?
8. Define catabolism.
9. Define basal metabolism.
10. Define blood doping.

(8×1=8 weightage)

**Part B (Short Essay/Problems)**

*Answer any **six** questions.*

*Weight 2 each.*

11. How does the skeletal muscle adapt during training?
12. Explain the physiology of blood flow during exercise.
13. Analyse the changes that happen in the heart during exercises.





14. How blood flow from the heart to the lungs and to the rest of the body?
15. How does partial pressure of oxygen change with exercise?
16. Summarize fat metabolism.
17. Discuss which source of the energy was transformed for the working muscles under the maximum workload.
18. How does the body regulate temperature during exercise?

(6×2=12 weightage)

**Part C (Essay Type Questions)**

*Answer any **two** questions.*

*Weight 5 each.*

19. Cardiac hypertrophy is good or bad. Express your views on the statement.
20. A smoker develops damage to several alveoli. Explain how this affects gas exchange.
21. Practice of slow and deep breathing opens many of the air sacs which are normally closed. Explain how?
22. Describe the gynecological consideration and exercise.

(2×5=10 weightage)

