

**VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM**

**B.P.E.S., B.SC (P.Ed) DEGREE EXAMINATION – November 2018**  
**Fourth Semester**

**EXERCISE PHYSIOLOGY AND SPORTS NUTRITION**

Time: Three hours

Maximum: 75 marks

**PART – A (10 x 2 = 20 marks)**Answer any **TEN** questions. All questions carry equal marks.

1. Define Physiology.
2. What is volunteer muscle?
3. Write the normal heart beat per minute.
4. What is second wind?
5. What is metabolism?
6. What is ATP?
7. Define sourness.
8. What is cool down?
9. Define Balanced diet.
10. Mention any two vitamins.
11. What is mineral?
12. What is muscle tone?

**PART – B (5 x 5 = 25 marks)**Answer any **FIVE** questions. All questions carry equal marks.

13. Explain the types of muscle contraction.
14. Effect of exercise on respiratory system.
15. Explain the fat metabolism.
16. Explain the importance of warming up.
17. Explain the factors affecting diet.
18. Write a diet chart for an athlete.
19. Explain the electrolyte replacement and carbohydrate loading.
20. What are the factors influencing heart rate and blood pressure?

**PART – C (3 x 10 = 30 marks)**Answer any **THREE** questions. All questions carry equal marks.

21. Explain the structure and function of skeletal muscle.
22. Explain the effect of Circulatory system.
23. Explain the source of energy.
24. Explain the physiological aspects of warming up and cool down.
25. Explain the classifications of food.

\*\*\*\*\*