

VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM**B.P.E.S. DEGREE EXAMINATION – April 2019****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. What is Exercise physiology?
2. What is skeletal muscle?
3. What is cardiac output?
4. Define vital capacity.
5. What is catabolism?
6. What is energy?
7. What is fatigue?
8. Define Warming up.
9. What is nutrition?
10. Write any two functions of Diet.
11. What is Balanced Diet?
12. What is Systolic Pressure?

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

13. Write the need and importance of exercise physiology.
14. Explain the types of muscular fibers.
15. Effect of exercise on circulatory system.
16. Explain types of metabolism.
17. Write the uses of warming up and cool down.
18. Explain the balanced diet.
19. Explain the importance of water in athletic diet.
20. Explain – the roll of nutrition in the field of physical education and sports.

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

21. Explain the structure of voluntary muscle with diagram.
22. Explain the effect of respiratory system.
23. Explain the aerobic and anaerobic metabolism.
24. Explain the physiological aspects of fatigue and sourness.
25. Explain the roll of vitamin and minerals.
