

**VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM****B.P.E.S. DEGREE EXAMINATION – November 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. Define physiology.
2. Write about isometric contraction.
3. Write about stroke volume.
4. Write about second wind.
5. Define metabolism.
6. Short note on anaerobic.
7. Define cool down.
8. Define sourness.
9. Write about nutrition.
10. Short note on muscle tone.
11. Short note on O<sub>2</sub> dept.
12. Write any two minerals.

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

13. Explain different types of muscles fibers.
14. Explain the scope of physiology of exercise.
15. Write any two effects of exercise on muscular system.
16. Briefly explain the fat metabolism.
17. Write short notes on catabolism.
18. Explain the physiological aspect of fatigue.
19. Explain the different classification of food.
20. Explain the role of vitamins.

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

21. Explain various types of muscular contraction.
22. Explain the effect of exercise on respiratory system.
23. Describe various energy metabolisms.
24. Narrate the psychological aspects of warming up and cool down.
25. Explain the various elements of balance diet.

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