

BACHELOR OF ARTS EXAMINATION, 2025

(2nd Year, 2nd Semester)

DEPARTMENT OF PHYSICAL EDUCATION

Subject Code : ARTS/PHED/UG/MINOR/TH/22/201

EXERCISE PHYSIOLOGY

Time : Two Hours

Full Marks : 30

Answer any **five** questions from the following:

1. Define Physiology. Briefly explain the importance of anatomy and physiology in Physical Education and Sports. 2+3
2. Define Anatomy. Discuss types of anatomy with suitable examples. 2+3
3. What is meant by joints? Explain the role of bones in human movement. 2+3
4. Define Muscle and briefly explain its types. Give two functions of skeletal muscle in the human body? 3+2
5. Discuss the major physiological functions of the cardiovascular and respiratory systems. $2\frac{1}{2} + 2\frac{1}{2}$
6. Describe how regular physical exercise affects the functioning of the cardiorespiratory system. 5
7. Explain the various lobes of the brain and their functions. 5
8. Explain the effects of exercise on endocrine system. 5
9. Mention the functions of endocrine system and immune system. $2\frac{1}{2} + 2\frac{1}{2}$
