

U.G. 6th Semester Examination - 2022

PHYSIOLOGY

[HONOURS]

Discipline Specific Elective (DSE)

Course Code : PHYSIOL-H-DSE-T-3

(Sports & Exercise Physiology)

Full Marks : 40

Time : $2\frac{1}{2}$ Hours

The figures in the right-hand margin indicate marks.

Candidates are required to give their answers in their own words as far as practicable.

GROUP-A

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

2×5=10

- a) What are ergogenic aids? Give an example.
- b) What do you mean by RBC reinfusion?
- c) Define the term OBLA.
- d) What do you mean by carbohydrate loading?
- e) What is maximal aerobic power?
- f) Explain the phenomenon of physiological fatigue.

[Turn Over]

- g) How does lactate threshold affect performance?
- h) Write the different energy sources involved during exercise.

GROUP-B

2. Answer any **two** from the following questions:

5×2=10

- a) Explain briefly the importance of rehydration before and after exercise.
- b) Write a note on anaerobic training.
- c) Put your comment briefly on sports medicine.
- d) What do you mean by physical fitness of an individual?

GROUP-C

3. Answer any **two** from the following questions:

10×2=20

- a) What do you mean by VO_2 max? State briefly the various physiological and environmental factors which can influence VO_2 max.

2+8=10

- b) Describe the effects of graded exercise on the cardio-respiratory function. 10
 - c) What is dynamic work? Describe the effects of endurance training on cardiovascular system. 2+8=10
 - d) How body composition can be assessed by BMI and waist-hip ratio? How does ingestion of large amounts of carbohydrates help in boosting physical performance? 2+8=10
-