

U.G. 6th Semester Examination - 2021

PHYSIOLOGY

[HONOURS]

Discipline Specific Elective (DSE)

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

(Sports & Exercise Physiology)

Full Marks : 40

Time : 2½ 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 is EPOC?
- b) State the energy sources in short duration exercise.
- c) What is lactate threshold?
- d) What is meant by carbohydrate loading?
- e) State the physiological effect of detraining.
- f) What is blood doping?

- g) State the changes occur in blood pressure in heavy exercise.
- h) What is the benefit of using ice for sports injuries?

GROUP-B

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

5×2=10

- a) Discuss alactic component of O₂ debt.
- b) State the principles of physical training.
- c) Discuss briefly about sports rehabilitation.
- d) What are the changes occur in muscle fibers in anaerobic training?

GROUP-C

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

10×2=20

- a) What do you mean by ergogenic aids? How different categories of ergogenic aids provide athletes a competitive advantage in sports performance?
- b) Define aerobic and anaerobic power. How does each relate to athletic performance?

4+6=10

[Turn Over]

c) What is dynamic work? Describe the effects of endurance training on cardiovascular system. $2+8=10$

d) What do you mean by VO_2 max? State briefly the various physiological and environmental factors those can influence VO_2 max. $2+8=10$
