

2015

M.A.

2nd Semester Examination

**EXERCISE AND SPORTS PHYSIOLOGY
(LEVEL-II)**

PAPER—PED-203

Full Marks : 40

Time : 2 Hours

The figures in the right-hand margin indicate full marks.

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

UNIT — I

1. What are the immediate changes that take place in heart-rate, blood-pressure, stroke-volume and cardiac-output following an all out exercise bout? 10

Or

Discuss chronic effect of exercises on circulatory system.

UNIT — II

2. Discuss role of oxygen at rest, during exercise and during recovery. What is meant by Excess Post Exercise oxygen uptake? 10

Or

Discuss Chronic effects of exercises on respiratory system.

(Turn Over)

UNIT — III

3. What is the modern concept of fitness ? Enlist and define each of the components of health related fitness. Mention the components of performance related fitness with definition. 2+4+4

Or

Mention the structural and physiological difference between male and female. How these differences affect athletic performance ? 6+4

UNIT — IV

4. Discuss briefly the influence of temperature and altitude on performance of the athletes. 10

Or

Write short notes on any *two* of the following : 2×5

- (i) Physiology of warming up and conditioning.
 - (ii) Physiology of strength development.
 - (iii) Weight training and female athletes.
 - (iv) Drug and Sports performance.
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