

**R8140**

**Sub. Code**

**720203**

**B.Sc. DEGREE EXAMINATION, APRIL – 2023**

**Second Semester**

**Physical Education**

**ANATOMY AND PHYSIOLOGY**

**(CBCS – 2022 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Define anatomy.
2. List out the types of tissue.
3. What is bone?
4. Classify the muscles.
5. What is meant by lung volume?
6. Define respiratory system.
7. Define reflex arc.
8. Write any two functions of skin.
9. State that alimentary canal.
10. Give any two functions of liver.

**Part B**

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) What are the importance of anatomy and physiology?

Or

- (b) Draw the microscopic structure of the cell and label the parts.

12. (a) Explain the classification of bones.

Or

- (b) Explain the structure and classification of muscles.

13. (a) Define lymph and its functions.

Or

- (b) Explain structure of respiratory system.

14. (a) Explain the functions of brain.

Or

- (b) Explain about structure and secretion of adrenal glands.

15. (a) Explain the formation of urine.

Or

- (b) Explain the functions of alimentary canal.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Describe the structure and functions of types of tissue.
17. Define joints. Explain the structure and functions of joints.
18. Describe about the circulation of blood.
19. Illustrate about the functions of all sensory organs.
20. Enumerate the structure and functions of kidney.

---

**R8141**

**Sub. Code**

**720204**

**B.Sc. DEGREE EXAMINATION, APRIL – 2023**

**Second Semester**

**Physical Education**

**THEORIES OF SPORTS AND GAMES — I**

**(Badminton, Basket ball, Cricket, Fencing, Foot ball,  
Kabaddi, Kho-kho and Beach. Volley ball)**

**(CBCS – 2022 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

**(10 × 2 = 20)**

Answer **all** the questions.

1. Mention the national and international federations of basket ball.
2. Mention the height of volleyball net for both men and women.
3. List out trophies in football.
4. What are the types of play field in hockey?
5. Write down the duration of handball match.
6. List out the weight lifting categories.
7. What are the skills in volleyball?
8. List out the techniques in power lifting.
9. How many officials in football?
10. Mention any five official signals in volleyball.

**Part B**

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) Write about the history of power lifting.

Or

- (b) Write about the history of hockey.

12. (a) Lay out the play field of handball.

Or

- (b) Mention the major trophies of football.

13. (a) What are the rules of weight lifting?

Or

- (b) Write the specification of ball and net in volleyball.

14. (a) Write some basic drills in basketball.

Or

- (b) Write down the techniques in weight lifting.

15. (a) Write the duties of table officials in basket ball.

Or

- (b) Specify the official signal in football.

**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Describe the history and development of the game basketball.
  17. Draw a neat diagram of basket ball court with all specifications.
  18. Illustrate the rules and interpretation of hockey.
  19. Explain the skill and drills in Handball.
  20. Explain the officiating mechanism of weight lifting.
-

**R8142**

**Sub. Code**

**7202E1**

**B.Sc. DEGREE EXAMINATION, APRIL – 2023**

**Second Semester**

**Physical Education**

**SPORTS NUTRITION**

**(CBCS – 2022 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. What is sports Nutrition?
2. Define Balance Diet.
3. List out the energy yielding nutrients.
4. Define Minerals.
5. What are the sources of carbohydrate?
6. Write any two causes for Heart stroke.
7. Define Ergogenic aids.
8. What is osteoporosis?
9. What are sources for dietary protein?
10. Define Amino acids.

**Part B**

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) Explain the food guide pyramid.

Or

- (b) Summarize the important of sports nutrition.

12. (a) Examine the functions of carbohydrates.

Or

- (b) Classify the proteins and fats.

13. (a) Elucidate the functions of vitamins.

Or

- (b) How the water fluid needs during physical activity?

14. (a) Explain about the Doping.

Or

- (b) Explain the effects of disordered eating.

15. (a) Write about the role of sports drinks for performance.

Or

- (b) Explain the role of vitamins supplements.



**Part C**

(3 × 10 = 30)

Answer any **three** questions.

16. Describe the role of nutrition in the field of physical education.
  17. Explain the classifications of carbohydrate and fats.
  18. Describe the functions of vitamins and minerals.
  19. Illustrate the types of Ergogenic aids.
  20. Explain, how to choose the diet before, during and after training and competitions?
-