



QP CODE: 25805438



25805438

Reg No :

Name :

MPES DEGREE EXAMINATION, NOVEMBER 2025

First Semester

MASTER OF PHYSICAL EDUCATION AND SPORTS

CORE - PE030102 - PHYSIOLOGY OF EXERCISE

2021 Admission Onwards

CBFC6FE5

Time: 3 Hours

Weightage: 30

Part A (Short Answer Questions)

*Answer any **eight** questions.*

Weight 1 each.

1. How do you do isometric training?
2. Define isometric muscle contraction.
3. What do you mean by Alveoli?
4. What is the fastest way to improve heart health?
5. Explain the concept inspiration.
6. How do you measure vital capacity?
7. How is anaerobic respiration used during exercise?
8. Explain the term anabolism.
9. What influences neuromuscular fatigue?
10. Define female athletic triad.

(8×1=8 weightage)

Part B (Short Essay/Problems)

*Answer any **six** questions.*

Weight 2 each.

11. How does the sliding filament mechanism work?
12. Explain the factors affecting heart rate during exercise.
13. How does regular exercise affect the cardiovascular function of older adults?
14. Detail the concept of partial pressure difference.





15. An unhealthy lifestyle has a detrimental effect on the cardiovascular and respiratory systems. Describe and explain the benefits of regular physical activity on the respiratory system.
16. How does exercise affect oxidation products?
17. Why is understanding thermoregulation important?
18. Explain the benefits of high altitude training.

(6×2=12 weightage)

Part C (Essay Type Questions)

*Answer any **two** questions.*

Weight 5 each.

19. Define the cardiac cycle. Write in detail about all its phases.
20. Comment your views on the statement, alveoli offer a good respiratory surface for gaseous exchange.
21. Elaborate on the long-term and short-term effects of adaptations in the respiratory system due to physical exercises.
22. Identify the three energy systems of the body and explain them in detail.

(2×5=10 weightage)

