



**Avinashilingam Institute for Home Science and Higher Education for Women**  
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)  
Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B  
Coimbatore - 641 043, Tamil Nadu, India

**Bachelor's Degree Examination – July 2020**  
**II Semester**

**Class : I UG**  
**Major : Physical Education**

**Time : 3 Hours**  
**Max. Marks : 100**

**18BPEC04 Anatomy and Physiology**

**Part A**

**10 x 1 = 10**

**Choose the Correct Answer**

1. Which is the longest muscle in the human body?  
a. Sartorius      b. Soleus      c. Calf      d. Thigh
2. Which is the following power house of the cell?  
a. Cytoplasm      b. Mitochondria      c. Cell Membrane      d. Nucleus
3. Osteoporosis is connected with  
a. cell      b. muscle      c. bone      d. tissue
4. Smooth Muscle Fibers are located in  
a. Skeletal Muscle      b. Heart Muscle      c. Tissue      d. Muscle Tissue
5. How Many Components are in the Blood?  
a. 4      b. 2      c. 5      d. 3
6. The Maximum amount of air exhale from the lungs called  
a. Heart rate      b. Stoke Volume      c. Tidal Volume      d. Vital Capacity
7. The nerve cells are called  
a. Nerve cells      b. Neuron      c. Impulse      d. Brain
8. The Taste which is felt front of the tongue  
a. bitter      b. sweet      c. salt      d. sour
9. Which is the smallest muscle in the human body?  
a. Stupendous      b. Gluteus      c. Sartorius      d. Rectus Femora's
10. Name of the master gland is  
a. Thyroid      b. Pituitary      c. Gastric      d. Liver

**Part B**

**5 x 6 = 30**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 11.a. Explain various types of tissues.  
(or)  
11.b. State the importance of fitness in daily life.
12. a. Write the classification of Joint.  
(or)  
12.b. Enumerate any five bones and explain its functions.
13. a. Explain the functions of blood.  
(or)  
13.b. Draw a diagram of heart and its functions.
- 14.a. Explain the endocrine system.  
(or)  
14.b. Explain the working process of a master gland.
- 15.a. Explain the functions of Pancreas.  
(or)  
15.b. Explain the excretory system.

**Part C**

**5 x 12 = 60**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

- 16.a. Explain the need and importance of anatomy and physiology in Physical Education.  
(or)  
16.b. Explain the type of muscles and their functions.
- 17.a. Explain the function of blood and its composition.  
(or)  
17.b. Explain the mechanism of respiration system with a diagram.
- 18.a. Explain the nervous system and its functions.  
(or)  
18.b. Explain the structure and functions of Eye and Ear.
19. a. Explain the pancreas and its function with a diagram.  
(or)  
19.b. Explain the functions of kidney with a diagram.
- 20.a. Explain the functions of liver and gall bladder.  
(or)  
20.b. Explain the mechanism of digestive system.

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