

10:20-11:50 am

RAMANANDA COLLEGE
BISHNUPUR, BANKURA
DEPARTMENT OF PHYSIOLOGY
B. Sc. 6th Semester (Programme) Internal Assessment-2022

Course Code: SP/PHY/601/DSE-1B

Course Title: Exercise and Sports Physiology

Paper Code: 62518

F.M: 10

Time: 45 Min

Answer any two questions from the following:

5 X 2 = 10

- a) Briefly mention about the improvement of aerobic power through training. 5
- b) How aerobic system supplies energy during exercise? 5
- c) What is over training? Mention its effects on physiological health of an athlete. 1+4 = 5
- d) What is aerobic work capacity? Write about any two procedures for measurement of aerobic work capacity. 1+4 = 5