

PHYSIOLOGY & SPORTS

TOPICS –

1. Physiological factors determining endurance
2. Effects of exercise on cardiovascular system

OBJECTIVE TYPE PAPER (Marks – 15)

- a. How many types of fibre are there , name them ?
- b. Which fibre is best used for aerobic activities ?
- c. Resting heart rate of an adult remains ___ beats per min.
- d. ___ is the amount of blood ejected per beat from the left ventricle
- e. ___ is the amount of blood pumped by the heart in 1 minute
- f. Mention two types of blood pressure and it's SI Unit ?
- g. Maximun highest range of cardiac output is till ___ per minute at rest .
- h. General range of systolic blood pressure is _____
- i. General range of diastolic b.p is _____
- j. Range of stroke volume in best endurance athletes is ___
- k. The number of cardiac contractions in one minute is called _____
- l. The capacity of muscles to absorb & consume oxygen is called _____

TRUE OR FALSE

- 1. Physiology is the study of how the human body functions i.e. how the organs, systems, tissues, cells and molecules work together to maintain our internal environment. (TRUE OR FALSE)**
- 2. Regular exercise delays the onset of fatigue as exercise develops the fitness levels and increases – endurance thereby delaying fatigue (T/ F)**
- 3. The oxygen intake capacity depends on vital capacity (t/ f)**