

***SREE CHAITANYA MAHAVIDYALAYA***

INTERNAL ASSESSMENT, 2021-22

B.Sc. (General) SEMESTER – V

SUBJECT: PHYSIOLOGY

PAPER NAME: Sports and Exercise Physiology

PAPER CODE: PHYGDSE02T

Full marks: 08

Time: 30 minutes.

Answer any four questions: 4x2=8

1. What is EPOC?
2. What is VO<sub>2</sub>max?
3. Write at least two cardiovascular effects of physical training.
4. What is OBLA?
5. Write the principles of physical training.
6. Write a short note on anaerobic system.
7. Write a short note on sports rehabilitation.
8. Write at least two effects of overtraining.

Answer-scripts to be sent within 01 hour after exam at this email:

[tanushree.bose90@gmail.com](mailto:tanushree.bose90@gmail.com)