

SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA

QUESTION BANK

5th semester examination (CBCS),General

Department of Physiology

Paper Code:DSE-1A

Paper Name :Sports Physiology ,Work Physiology,& Ergonomics

GROUP-A

MARKS -2

1. Differentiate between work & sports?
2. What is silicosis?
3. What is cardiovascular drift?
4. What do you mean by maximal lactate steady state (MLSS)?
5. Why does involvement in regular heavy exercise delay with onset of fatigue?
6. What is significance of VO₂ max?
7. Write the differences between slow-twitch fiber & fast-twitch fiber?
8. What is blood doping?
9. Write the significance of waist-hip ratio?
10. Define negative work with example?
11. Define static work with example?
12. What is acute overload?
13. What is physical fitness Index?
14. Compare between Isotonic & Isometric muscle contraction?
15. What is post exercise oxygen consumption?

GROUP-B

MARKS -5

1. How does pulmonary ventilation respond to increasing intensities of exercise?
2. Write short note on ergogenic aids?
3. Write the effects of exercise on body fluid and salt?
4. What are the various factors affecting physical fitness?
5. Write the effects of sports on emotional health?
6. What is the role of ergonomics in industrial engineering?
7. Write short note on occupational hazard?
8. What is anthropometry? Explain the use of human anthropometry in workplace layout?
9. Discuss about the modern concept of muscle fatigue?

10. Write down the potential ergogenic properties of bicarbonate?

11. What is work rest cycle & importance of rest pause ?

GROUP-C

MARKS-10

1. Describe briefly the factors that affect the anaerobic power of an athlete? Give an account of a suitable method for measurement of maximal oxygen consumption of a healthy individual?
2. Discuss the adaptive effects that take place in our cardiovascular system after engaging in exercise for a long period. State the factors that affect the post exercise oxygen consumption?
3. Mention the recommended ergogenic guidelines for indoor comforts. Give the significance of Treadmill test & Harvard step test ?
4. Describe the effects of overtraining & detraining?
5. Discuss the effects of exercise and training on muscular system?
6. Describe the effects of exercise and training on circulatory system?
7. Describe the sports injury & its management? Write short note on sports rehabilitation?
8. Describe the nutrient & calorie requirements for different kinds of sports?
9. Describe the respiratory changes during graded exercise?
10. Classify the physical work? Describe the different types of work load?