

Ph.D Course Work Examination July-2023

PHYSICAL EDUCATION

Course-IV: Sports Physiology, Psychology and Sociology

Time: 3 Hours

Max. Marks:70

Instructions: Answer all the Sections.

Section-A

I. Answer any Three of the following questions. 3x5=15

1. Explain the macro structure of skeletal muscle
2. How is blood supplied to the heart explain
3. Explain the diffusion of gases in the lungs
4. What is thermoregulation?
5. Explain ATP-PC system
6. Explain the process of goal setting in physical education and sports

Section-B

II. Answer any Four of the following questions. 4x10=40

7. Explain the sliding filament theory of muscular contraction
8. Explain the types of metabolism
9. Explain the types of motivation
10. Explain the types of psychological tests
11. What are the current problems in sports and future direction?
12. Briefly explain about the kinesthesiometer board

Section-C

III. Answer any One of the following questions. 1x15=15

13. Explain the macro and micro structure of skeletal muscle
14. Explain women in sports
