

S.No. 2016

Roll No.....

**Master of Physical Education
M.P.Ed./Semester-II-May -2016
Paper-MPE-804 (i) Subject Specialization
(Exercise Physiology)**

Time: 3 Hours

Maximum Marks: 50

(Write your Roll No. on the top immediately on receipt of this question paper)

Note: Attempt any five questions. All questions carry equal marks

- Q.1. Explain the different condition of Health risks with reference to exercise in cold. (10)
- Q.2. Write a detail notes on under water exercise. (10)
- Q.3. Write the basics guidelines for resistance exercise progressive in children. (10)
- Q.4. Explain the various physiological acute response of exercise in women. (10)
- Q.5. Write a detail note on ideal weight management. (10)
- Q.6. Write the physiological factors affecting the development of cardio-respiration fitness. (10)
- Q.7. Explain about core strength training with reference to fitness. (10)
- Q.8. Define flexibility. Explain the length assessment of shoulder muscle with suitable diagram and examples. (10)