

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER - II, May - 2017**

**Paper: MPE - 1103 : Add-On Courses
(Gym. Operations)**

Time: 03 Hours.

Maximum Marks: 50

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

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

1. What is Obesity and how can it be detected? What are the health problems of Obesity? (10)
2. What is Aerobics? How to improve aerobics fitness? (10)
3. How to establish a Gym.? Explain. (10)
4. What are the qualities and qualifications of a Gym. Instructor? (10)
5. How to measure cardiovascular endurance? (10)
6. Write the benefits and elaborate Surya Namaskar? (10)
7. What is nutrition? Explain all the nutrients in detail. (10)
8. Answer any two from the following: (5x2)
 - i) Gimmicks
 - ii) Anorexia
 - iii) BMI