

Serial No. 2053 (i)

Roll No.: _____

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

**Paper - MPE-0804 (i) : SUBJECT SPECIALIZATION
(EXERCISE PHYSIOLOGY)**

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. Discuss the various physiological responses to exercising in the hot environment. (10)
2. Explain the female athlete triad in detail. (10)
3. Define strength. Discuss various factors that affect the development of strength. (10)
4. Suggest the guidelines for exercise for the expectant mother. (10)
5. Discuss the physiological guidelines for losing weight. (10)
6. Write a detailed note on plyometrics. (10)
7. Discuss the principles of strength training. (10)
8. Write short notes on any two of the following:- (5+5)
 - a) Heat disorders
 - b) Training session components
 - c) Behaviour Modification