

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

**Paper: MPE-1111 : Add-On Courses
(Advance Fitness Assessment & Exercise Prescription)**

Time: 03 Hours.

Maximum Marks: 75

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 'Fitness' and 'Health Related Fitness'? Explain in details the components of health related fitness. (15)
2. What is the purpose of fitness testing? Write about the administrative guidelines for Pre-test and Post-test situation. (15)
3. Write short notes on the following:- (7½x2)
 - a) Evaluation of Flexibility
 - b) Cardio-respiratory fitness and its importance
4. What is "Heart Rate", "Blood Pressure" and Anthropometric measurements? Explain the assessment of any two of them. (15)
5. Write in details about the principles of Cardio-respiratory exercise prescription. (15)
6. Write about the guidelines for progression through 3 stages of exercise programme. (15)
7. Define the term "Body Composition". Explain in detail the Anthropometric method of assessing Body Composition. (15)
8. Write short notes on the following:- (7½x2)
 - a) Exercise Intensity
 - b) Short term and long term response to exercise.