

Serial No. 4053 (i)

Roll No.: _____

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER - IV - 2017
Paper - MPE-1004 (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. What do you mean by Health-related Physical Fitness? Explain any one Laboratory method of measuring aerobic capacity. (10)
2. How are you going to test the Aerobic Endurance for older population? (10)
3. What are the categories of physically challenged subjects? (10)
4. How can we test flexibility of Athletes? What is the importance of measuring flexibility for performance and injury prevention? (10)
5. Explain the protocols for Physiological assessment of Football players. (10)
6. Write short notes on any two of the following:- (5+5)
 - a) The Fick equation
 - b) Target Heart Rate
 - c) Converting METS to KCL
7. Explain in detail how you will calculate the energy cost of running. (10)
8. How will you measure energy expenditure at basal condition? (10)