

Serial No. 3051

Roll No.....

Computer

MASTER OF PHYSICAL EDUCATION

(M.P.Ed.) SEMESTER-III-2017

Paper: MPE-0901: Fundamentals of Health Education

Time: 3 Hrs.

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 question carry equal marks.

Q. 1. Write a short note on the following:-

5x2= 10

(a) Weight Management.

(b) Substance Abuse Management.

Q. 2. Describe the Meaning & Components of Fitness.

10

Q. 3. Write a short note on the following:-

5x2= 10

(a) Cholera.

(b) Guiding & Counseling.

Q. 4. Write in detail about Nutrition.

10

Q. 5. Define Health. Describe the Factors affecting Health in detail.

10

Q. 6. Define Health Education. Describe the Need, Scope & Importance of Health Education.

10

Q. 7. Define Communicable Diseases. Describe Symptoms, Cause & Prevention of Hepatitis in Detail.

10

Q. 8. Define School Health. Describe the Components of School Health Services.

10

MASTER OF PHYSICAL EDUCATION**(M.P.Ed.) SEMESTER-III-2017****Paper: MPE-0902/ Fundamentals of Sports Biomechanics**

Time: 3 Hrs.

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 question carry equal marks.

- Q. 1. Define the term "Sports Biomechanics". Write the importance of Biomechanics with reference to Physical Education and Sports. 10
- Q. 2. Describe any five from the following:- 5x2= 10
- (a) Speed and Velocity.
 - (b) Moment of Inertia.
 - (c) Centripetal and Centrifugal Force
 - (d) Types of Acceleration
 - (e) Centre of Gravity and Line of Gravity
 - (f) Electromyography
- Q. 3. Explain the types Lever. Write the application of Lever, advantage and disadvantage in Physical Education and Sports. 10
- Q. 4. What is Static and Dynamic Equilibrium? Write in detail the conditions for controlling the dynamic stability. 10
- Q. 5. Explain in detail the Newton's Law of Motion and their applications with appropriate examples in Physical Education Sports. 10
- Q. 6. Define the term "Projectile Motion". Explain the factors influencing the Projectile Motion. 10
- Q. 7. Define the term "Cyclic" and "Acyclic" motor action. Explain in detail the structure of Cyclic and Acyclic motor action and also functional relationship of different phases of motor action. 10
- Q. 3. Write a short note on any two of the following:- 5x2= 10
- (a) Movement Rhythm.
 - (b) Cinematography.
 - (c) Fluid Drag Force

MASTER OF PHYSICAL EDUCATION**(M.P.Ed.) SEMESTER-III-2017****Paper: MPE-0903/ ~~Fundamentals of Exercise Physiology~~**

Time: 3 Hrs.

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 question carry equal marks.

- Q. 1. What is the Neural transmission and Motor response to our body. 10
- Q. 2. Explain Kreb Cycle in detail. 10
- Q. 3. What are the roles of physical activity in disease prevention? 10
- Q. 4. What are the principles of Sports Training ? 10
- Q. 5. What are the effects of Body composition on sports performance? 10
6. Write a short note on any two of the following:- 5x2= 10
(a) Water and Electrolyte Balance .
(b) Athlete's Diet.
(c) Readiness to exercise (PAR-Q)
7. What is Obesity? Explain its cause and remedies. 10
8. Write a short note on any two of the following:- 5x2= 10
(a) Pretest Preparation Checklist.
(b) Etiology of Diabetes.
(c) ATP-PC System

MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-III-2017

Paper: MPE-0904(i) Subject Specialization
Exercise Physiology

Time: 3 Hrs.

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 question carry equal marks.

- Q. 1. Define Body Composition. Explain the procedure for measuring body composition using any one method of your choice. 10
- Q. 2. Discuss the various changes that are associated with aging. 10
- Q. 3. What is Diabetes? Explain the role of Physical Activity in Treating Diabetes. 10
- Q. 4. What are the various population needs based strategies to increase physical activity with specific reference to worksite health promotion. 10
- Q. 5. Discuss the purpose of fitness testing in detail. 10
- Q. 6. What are the protocols for the physiological assessment of players of any one sport of your choice. 10
- Q. 7. What are cardiovascular disease? How the prevalence of these diseases be prevented. 10
- Q. 8. Discuss the role of micro nutrients in sports performance. 10
- Q. 9. Discuss the various administrative guidelines for testing situation. 10
- Q. 10. Write a short note on any two of the following:- 5x2= 10
 - (a) Medical Clearance.
 - (b) Benefits of Worksite fitness Program.
 - (c) General versus sports specific testing.

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-III-2017**

**Paper: MPE-0904(ii) Subject Specialization
Sports Biomechanics**

Maximum Marks: 50

Time: 3 Hrs.

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Instruction: Attempt any FIVE questions. All question carry equal marks.

1. Comprehensively write on general considerations of Biomechanical Parameters and Techniques. 10
2. Write note on advantage and disadvantage Optoelectric Movement Monitoring System. 10
3. Write a note on advantages and disadvantages of Electro goniometers. 10
4. Discuss on advantages and disadvantages of television system. 10
5. Explain the relationship between physical properties and moment parameters also explain the testing procedure of physical properties of total body. 10
6. Define angular velocity, angular acceleration, Centre of Gravity, Centre of volume and mass moment inertia. 10
7. Explain the measurement techniques and tests for force impulse and momentum. 10
8. Write a note on Testing Procedure for Kinematic Data. 10

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-III-2017**

**Paper: MPE-0904(iii): ~~Subject Specialization~~
Exercise & Sports Psychology**

Maximum Marks: 50

Time: 3 Hrs.

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Instructions: Attempt any FIVE questions. All question carry equal marks.

1. Differentiate between trait and state measures and general and sports specific measures in sports psychology. 10

2. Explain the precautions while using psychological test in detail. 10

3. What are Norms? Explain different types of norms. 10

4. Explain the procedure for administration of test. Differentiate between standardized and tailored made tests. 10

5. Explain any one test to measure "Motivation" of the Sports Persons. 10

6. What is mental toughness? Write any one test to assess the mental toughness of the Sports Person. 10

7. Prepare a psychological profile of at least five sports person in any sport of your choice selecting any three standardized test. 10

8. Write a short note on any two of the following:- 5x2= 10

(a) Testing Self Esteem.

(b) Reliability.

(c) Validity.

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-III-2017**

**Paper: MPE-0904(v): Subject Specialization
Sports Sociology**

Maximum Marks: 50

Time: 3 Hrs.

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Attempt any FIVE questions. All questions carry equal marks.

- | | |
|---|---------|
| Discuss in details the functional theory in relation with sports. | 10 |
| Mention the factors De-Socialization in Sports. | 10 |
| Define stratification and explain the social mobility in sports. | 10 |
| Discuss social issues in relation with sports participation of women. | 10 |
| Describe the popularity of Sports among various classes. | 10 |
| Mention the Spectators History in Sports. | 10 |
| Write the Sports abuses in Colleges. | 10 |
| Write a short note on any two of the following:- | 5x2= 10 |
| (a) Gender and Sports. | |
| (b) Technology and Women Sports. | |
| (c) Sports Socialization. | |

Serial No. 3054(vi)

Roll No.

MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-III-2017

Paper: MPE-0904(vi): Subject Specialization
Sports Management

Time: 3 Hrs.

Maximum Marks: 75

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

- Q.1. Write the concept of Financial Management. Explain in brief financial resources available in the market place. 15
- Q.2. Define the term budget. What are its types? Discuss in brief the steps of budget preparation. 15
- Q.3. Write the purchase procedures in detail. 15
- Q.4. Write a note on the following:- $7 \frac{1}{2} \times 2 = 15$
(a) Principles of Budget.
(b) Condemnation Procedure.
- Q.5. Explain the Strategies of Pricing a product in Sports 15
- Q.6. Discuss the standard procedure of registration of an NGO. 15
- Q.7. Elaborate the Procedures to import Sports Goods. 15
- Q.8. Explain the Procedure of franchise of International Brand. 15

MASTER OF PHYSICAL EDUCATION**(M.P.Ed.) SEMESTER-III-2017****Paper: MPE-0905: Athlete's Care and Rehabilitation**

Time: 3 Hrs.

Maximum Marks: 50

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

Attempt any FIVE questions. All question carry equal marks.

1. Define Rehabilitation. Explain the Principles of Care and Rehabilitation in Detail. 10

2. Explain the classification, Causes and Prevention and Management of Sports Injuries. 10

3. Explain in detail Women Problems and Sports Performance. 10

4. Explain the various types of Environmental conditions. Explain in detail the Medial Problems, Symptoms and the precautions to be taken while performing in Hot Temperature and High Altitude. 10

5. Write a short note on the following:- 5x2= 10

(a) Define Doping. Explain Classification and Methods of Doping.

(b) WADA, NADA.

6. Explain suitability of Sports at various stages of growth with the help of examples. 10

7. Explain in detail the role of a Physical Educator in Athletic Care and Rehabilitation. 10

8. Write a short note on any two of the following:- 5x2= 10

(a) Exercise as a Preventive Measure for Disease.

(b) Training at Different Surfaces.

(c) Biological and Chronological age determination.

MASTER OF PHYSICAL EDUCATION
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Paper: MPE-1101: Sports Nutrition and Exercise Prescription

Maximum Marks: 75

Time: 3 Hrs.

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

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

1. Explain skill and Health related components of Physical Fitness. 15
2. Give a list of relative contraindications to aerobic exercise and warning signs to terminate exercise in elderly population. 15
3. Write a short note on the following:- 7 ½ x 2= 15
 - (a) Nutritional needs of Women.
 - (b) Energy System.
4. What are the basic training principles for exercise programme planning? 15
5. Explain the components of a comprehensive health screening and evaluation prior to beginning any exercise programme. 15
6. Explain tests for cardio-respiratory fitness assessment. 15
7. Explain the stages for exercise prescription progression. 15
8. Write a short note on the following:- 7 ½ x 2= 15
 - (a) Nutritional requirements for Endurance Athletes.
 - (b) Sources of error in Skinfold Measurement.

**MASTER OF PHYSICAL EDUCATION
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Paper: MPE-1110: Study of Olympics

Maximum Marks: 75

Time: 3 Hrs.

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

Instruction: Attempt any FIVE questions. All question carry equal marks.

1. Explain the Historical Development of Modern Olympics Games. 15
2. Write an Essay on 'NOC'. 15
3. Explain in detail the 'Torch Relay' of Olympics Games. 15
4. Explain bidding process 2020-Host Olympics City. 15
5. Write in detail the women and Olympics Games. 15
6. Explain in Detail the concept of Olympics Solidarity. 15
7. Explain in detail the role of WADA in Competitive Sports. 15
8. Write about your choice of any International Federation of Game/Sports. 15

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-III-2017**

Paper: MPE-1111: Advance Fitness Assessment & Exercise Prescription

Time: 3 Hrs.

Maximum Marks: 75

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Attempt any FIVE questions. All question carry equal marks.

Describe the Following:

7 ½ x 2= 15

- (a) Components of Physical Fitness
- (b) Behavior Supporting Fitness & Health

Discuss the Relationships between physical activity, fitness & health. Also discuss diseases related to inactivity. 15

Describe the Following:

7 ½ x 2= 15

- (a) PAR-Q
- (b) Administrative Guidelines for Fitness Testing.

Discuss tests to measure cardio-vascular fitness of the individuals. 15

Explain tests to evaluate muscular strength & Endurance. 15

Discuss Principles of exercise prescription to develop strength. 15

Write a note on the Short Term & Long Term response to exercise. 15

Write a short note on any two of the following:-

7 ½ x 2= 15

- (a) Obesity & its Management.
- (b) Body Composition Assessment.
- (c) Stages of Behavior Modification.