

MASTER OF PHYSICAL EDUCATION

(M.P.Ed.) SEMESTER-II-2018

Paper: MPE-1101: Add-On Courses

Sports Nutrition and Exercise Prescription

Time: 3 Hrs.

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 question carry equal marks.

- Q.1. Briefly write about the following: (7.5x2=15)
(a) Female athlete Traid
(b) Carbohydrate Loading
- Q.2. Explain in detail the dietary and nutritional considerations for strength sports. 15
- Q.3. Explain the components of a comprehensive health evaluation prior to beginning any exercise programme. 15
- Q.4. Explain in detail the health benefits of physical fitness programme. 15
- Q.5. Write an essay on nutritional ergogenic aids. 15
- Q.6. What are the advantages and disadvantages of using free weights and machines for strength training purpose ? 15
- Q.7. Briefly write about all skill related components of physical fitness. 15
- Q.8. Describe the following exercise stages for prescription progression. (7.5x2=15)
(a) Initial Conditioning Stage
(b) Improvement Stage