

Serial No. 1154(i)

Roll No.....

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-II-2018**

Paper: MPE-804 (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. Discuss the physiological response to exercise in the Hot Environment. 10
- Q.2. Explain the female athlete triad in detail. 10
- Q.3. Explain the Healthy weight loss in detail. 10
- Q.4. What is the role of physical activity and exercise in achieving physical fitness & health. 10
- Q.5. Discuss the principles of strength training. 10
- Q.6. What are the benefits and draw backs of grip dynamometer test. 10
- Q.7. What can you do to improve the flexibility of the individual. 10
- Q.8. Write short notes on any two of the following: (5x2=10)
- (a) Core Strength Training
 - (b) Sports Performance
 - (c) Diet Monitoring