

Serial No. 1156

Roll No.....

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

**Paper: MPE-1103: Add-On Courses**

**Gym. Operation**

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 balance diet? Explain ? 10
- Q.2. What are the various forms of aerobics ? 10
- Q.3. What are the qualities and qualifications of gym instructor ? 10
- Q.4. How to evaluate Flexibility ? 10
- Q.5. Explain Surya Namaskar ? 10
- Q.6. What are the methods of measurement and management of Obesity ? 10
- Q.7. How to establish a gym? 10
- Q.8. Write a short note on any two from the following: (5x2=10)
- (a) Anorexia Nervosa
  - (b) Gym Equipment
  - (c) BMI
  - (d) Harvard Step Test