

Serial No. 1159

Roll No.....

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

Paper: MPE-1111: Add-On Courses

Advance Fitness Assessment & 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.

- Q.1. What do you understand by the term Physical Activity? Discuss the association between physical activity and health. 15
- Q.2. Define Physical Fitness. Discuss in detail the various components of health related fitness. 15
- Q.3. What are the various administrative suggestions for cardiorespiratory fitness assessment. Explain. 15
- Q.4. Discuss the exercise guidelines for the expectant mother. 15
- Q.5. Write down the procedure for measuring the resting heart rate. 15
- Q.6. Write a detailed note on behavior modification. 15