

Serial No. 3154(i)

Roll No.....

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

**Paper: MPE-1004(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. Write down the procedure for measuring cardiorespiratory fitness through any one field test of your choice. 10
- Q.2. How will you measure the upper and lower body strength of the older population. Explain the procedure. 10
- Q.3. Explain the protocols for the assessment of anthropometric measures. 10
- Q.4. A Subject is running on a treadmill at 4% grade and at a speed of 130m/min. Determine his total VO_2 and $METS$. 10
- Q.5. A subject is stepping at 30 steps/min on a step 46 m high. Find his total VO_2 and $METS$. 10
- Q.6. A cyclist ended his C X T on a bicycle ergometer at 6 min. When the test was stopped the cyclists HR was 150b/min and his R- VO_2 diff was 17ml/100ml blood. Find his stroke volume. 10
- Q.7. A subject is walking on a level treadmill at 3 mph. Find the total VO_2 and $METS$. 10
- Q.8. Write short notes on any two of the following. (5X2=10)
- (a) Double product
 - (b) Mean arterial pressure
 - (c) Maximal Oxygen Consumption
 - (d) A- VO_2 Diff.