

Serial No. 3156(vi)

Roll No.....

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

**Paper: MPE-1006(vi): Optional Group-III
Sports, Physical Activity and Nutrition**

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.Explain the meaning of sports. What is the importance of sports for children? 10
- Q.2.Classify Physical Activity. Enumerate steps in exercise prescription. 10
- Q.3.Explain benefits of exercise in obesity and hypertension. 10
- Q.4.Define Nutrition and Sports Nutrition. What are the general nutritional guidelines that should be followed for healthy life. 10
- Q.5.Briefly write about the health problems associated with junk and fast food. What is the importance of healthy eating habits. 10
- Q.6.Explain the meaning of sports. What is the importance of sports for children? 10
- Q.7.Explain the role of exercise in weight management? 10
- Q.8. Write short notes on the followings (Any two): (5X2= 10)
- (a) Vegetarian Diets
 - (b) Healthy Lifestyle
 - (c) Food Hygiene