

Serial No. 3251

Roll No.....

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

**Paper: MPE-0901: Fundamentals of Health Education**

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.

- |   |         |
|---|---------|
| 1. Define Obesity. Describe the cause & management of obesity             | 2, 8    |
| 2. Write short notes on:-   | 5, 5    |
| A- Hygiene  |         |
| B- STD  |         |
| 3. Describe the Methods & Media of Health Education in detail             | 10      |
| 4. Write short notes on:-   |         |
| A-Substance Abuse   |         |
| B- Immunization schedule.   |         |
| 5. Describe the mode of Cause, Symptoms, Signs & Prevention of Hepatitis. | 3,2,2,3 |
| 6. Discuss the following:   |         |
| A-Nutrition   |         |
| B- Wellness   |         |
| 7. Describe the components of school health services.                     | 10      |
| 8. Define Health. Describe various dimensions of health                   | 10      |

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

**Paper: MPE-0902: Fundamentals of Sports Biomechanics**

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 importance of Biomechanics in Physical Education and Sports. (10)

Q.2. Explain any two biomechanical principles with suitable examples. (10)

Q.3. Explain the concept related to Controlling balance in static position in physical education activities. (10)

Q.4. Discuss on qualities of motor movements with special reference to movement rhythm, movement coupling, movement flow and movement amplitude with suitable examples. (10)

Q.5. Write a note on biomechanical instrumentations. (10)

Q.6. Explain the concept of buoyancy and flotation, resistive forces in swimming skill, propulsive forces in swimming skill as well as swimming speed and efficiency. (10)

Q.7. State and discuss on the law of angular momentum, law of action and reaction as well as law of action and reaction (angular motion). (10)

Q.8. Write a note on structure of cyclic, acyclic motor action and combination of motor action with suitable examples. (10)

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

**Paper: MPE-0903: Fundamentals of 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.

Q1. How central nervous system works? Explain neuromuscular junction in detail? (10)

Q2. Explain the aerobic energy system in detail? (10)

Q3. How behaviour of an individual can support fitness and health? (10)

Q4. What are the benefits of resistance training? (10)

Q5. Write note on the following: (5+5=10)

- a) Balance diet
- b) Electrolyte balance

Q6. What is body composition? Explain the assessment of body composition? (10)

Q7. What are the causes and management of type -2 diabetes? (10)

Q8. Write note on any two: (5+5=10)

- a) PAR-Q
- b) Protocols for physiological assessment of players
- c) Stop test indicators, pre exercise session preparations

Serial No. 3254(i)

Roll No.....

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

**Paper: MPE-0904(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 Define body composition. Explain the anthropometric method for assessing body composition. (10)
- Q.2 Explain the importance of physical exercise and yoga for the elderly population. (10)
- Q.3 Discuss the various administrative guidelines for the testing situation. (10)
- Q.4 Discuss the role of micronutrients in sports performance. (10)
- Q.5 What are the various population needs-based strategies to increase physical activity with specific reference to Worksite Health promotion? (10)
- Q.6 Explain in details the health risk associated with diabetes. (10)
- Q.7 What are Ergogenic aids? Explain the benefits, effects and risk of blood doping. (10)
- Q.8 Write a short note on any two of the following:- (5x2=10)
- a) Pre-test preparation checklist
  - b) Hormonal agents
  - c) High blood pressure



Serial No. 3254(ii)

Roll No.....

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

**Paper: MPE-0904(ii): Subject Specialization  
Sports Biomechanics**

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 on biomechanical testing protocols. (10)

Q.2. Discuss on Ethics and Safety, detailed reporting data base and Frequency of Testing in bio-mechanical testing. (10)

Q.3. Write note on Advantages and Disadvantages of opt electric moment monitoring system.(10) .

Q.4. Write a note on Advantages and disadvantages of cinematography and computerized video analysis. (10)

Q.5. Discuss on Electro goniometers and its advantage and disadvantage. (10)

Q.6. Discuss on Advantages and Disadvantages of television system. (10)

Q.7. Write a note on Forces, impulse and Momentum along with purpose of measuring and its relevance. (10)

Q.8. Discuss on Physical Properties of Limbs and Total Body and standard Units along with purpose of measuring and relevance of the same. (10)

Serial No. 3254(iii)

Roll No.....

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

**Paper: MPE-0904(iii): Subject Specialization  
Exercise & Sports Psychology**

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 Psychometry? Differentiate between qualitative and quantitative measures. (10)
- Q.2. Explain the procedure for construction and validation of a psychological list. (10)
- Q.3. Explain the precautions to be kept in mind while using psychological test. (10)
- Q.4. What is Reliability? Explain various types of reliability. (10)
- Q.5. What is validity? Explain various types of Validity. (10)
- Q.6. Explain any one test to measure competitive anxiety in sports. Provide any five data and infer your result. (10)
- Q.7. Explain big five personality inventory. Provide any five data and infer your results. (10)
- Q.8. Write short notes on any two of the following: (5x2=10)
- (a) Norms and its types
  - (b) Reaction Time
  - (c) Measuring Achievement Motivation

Serial No. 3254(iv)

Roll No.....

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

**Paper: MPE-0904(iv): Subject Specialization**  
**Professional Preparation & Curriculum Design**

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. Describe the detail related to the preparations of the job application and resume. (10)

Q.2. Write about professional development with special references to in service training. (10)

Q.3. Discuss the role and qualities of volunteer and volunteer leader. (10)

Q.4. Explain the term curriculum design with its concept. Discuss about step and factors effecting curriculum development. (10)

Q.5. Describe the principle of curriculum development. (10)

Q.6. Explain the role of training institute and resource person professional enrichment. (10)

Q.7. Write an essay on community sports leadership program. (10)

Q.8. Discuss about resource material for physical education curriculum. (10)

Roll No.....

Serial No. 3254(v)

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

**Paper: MPE-0904(v): Subject Specialization**  
**Sports Sociology**

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. How the 'Interaction theory' helps to understand the sports in relation to society. Explain in detail. (10)
- Q.2 Define various socialization theories briefly and explain any one theory in detail in relation to sports socialization. (10)
- Q.3 Mention the gender issues of discrimination and equity in women sports. (10)
- Q.4 Describe the various social reasons responsible for occurrence of deviance in sports. (10)
- Q.5 Discuss the impact of Olympic sports in relation to emerging priorities in Indian society. (10)
- Q.6 Explain the factors of recent trends in development of youth sports. (10)
- Q.7. Mention the problems of sports found at school and college level. (10)
- Q.8. Write short notes any two of the following:- (5+5=10)
- a) Female sports.
  - b) Abuses in sports
  - c) History of women sports



Serial No. 3254(vi)

Roll No.....

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

**Paper: MPE-0904(vi): Subject Specialization**  
**Sports Management**

Time: 3 Hrs.

Maximum Marks: 75

(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.

Q1. Define the term budgets. What are its types? Describe steps involved in process of Budgeting. (15)

Q2. Explain the term purchase. Discuss guidelines for purchasing supplies and equipment. (15)

Q3. What do you understand by the term marketing? Describe the marketing process using four PS. (15)

Q4. Explain the term product development. Describe sequential product development processes. (15)

Q5. Write short notes on the following: (5x3=15)

(a) Warranty

(b) Guarantee

(c) After Care and Services

Q6. State the advantages and disadvantages of Proprietorships business organization. (15)

Q7. Write the procedures of Export the goods and services. (15)

Q8. Explain the terms 'Franchisee' and Franchisor'. Write the advantages and disadvantages of franchises. (15)

**MASTER OF PHYSICAL EDUCATION**

**(M.P.Ed.) SEMESTER-III-2018**

**Paper: MPE-0905: Athlete's Care and Rehabilitation**

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.

Q1. Explain the Aim, importance and Principles of Care and Rehabilitation in detail. (10)

Q2. Write notes on any two: (5X2=10)

- 1) Special problems of women related to sports performance
- 2) Physiological effects of Training for competition at High Altitude
- 3) Factors affecting body temperature

Q3. Explain Pre-exercise screening and the exercise benefits for the Aging Population. (10)

Q4. Explain in detail the Medical problems due to Hot environment, its symptoms and the precautions to be taken in Hot Temperature. (10)

Q5. Explain Classification and methods of Doping. (10)

Q6. Write notes on any two: (5X2=10)

- 4) WADA, RADA
- 5) Effect of Training at different Surfaces
- 6) Biological , chronological age and Age determination

Q7. Explain the various classifications and causes of Sports injuries in detail. (10)

Q8. Discuss the role of a Physical Educator in Athletic Care and Rehabilitation in detail. (10)

Serial No. 3256

Roll No.....

**MASTER OF PHYSICAL EDUCATION**

**(M.P.Ed.) SEMESTER-III-2018**

**Paper: MPE-1101: Sports Nutrition and Exercise Prescription**

Time: 3 Hrs.

Maximum Marks: 75

(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.

Q1. Explain skill and health related components of physical fitness. (15)

Q2. Give a list of relative contraindications to aerobic exercise and warning signs to terminate exercises in elderly population. (15)

Q3. Write briefly about the following: (7.5X2)

a. Creatine Supplementation

b. Energy Systems

Q4. What are the basic training principles that apply to all types of exercise programme planning. (15)

Q5. Explain the components of a comprehensive health screening and evaluation prior to beginning any exercise programme. (15)

Q6. Explain tests for cardio-respiratory fitness assessment. (15)

Q7. Explain the stages for exercise prescription progression. (15)

Q8. Briefly write about the following: (03x05=15)

a) Nutritional requirements for endurance athletes

b) Female Athlete Triad

**MASTER OF PHYSICAL EDUCATION**

**(M.P.Ed.) SEMESTER-III-2018**

**Paper: MPE-1104: Computer Application in Physical Education**

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.

Q1. Describe about general introduction to Computer Hardware and Software. (10)

Q2..Discuss about different application of Computer useful for Physical Education and Sports. (10)

Q3. Explain about preparation of slides for the presentation of any area of Physical Education and Sports. (10)

Q4. Describe about 'Multimedia' in detail. (10)

Q5. Explain computer based analysis programme useful for Physical Education and Sports. (10)

Q6. Write on the followings: (5x2=10)

(a) Introduction to Scanner

(b) Introduction to MS Word

Q7. Discuss the complete process of E-Mail construction and its operating/management. (10)

Q8. Explain any two out of 'Adobe Photoshop' 'Animation' or 'Operating System'. (10)



Serial No. 3258

Roll No.....

**MASTER OF PHYSICAL EDUCATION**

**(M.P.Ed.) SEMESTER-III 2018**

**Paper: MPE-1110: Study of Olympics**

Time: 3 Hrs.

Maximum Marks: 75

(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. Differentiate between the Ancient and modern Olympics in term of sports competitions.(15)
- Q. 2. Write an essay on 'Olympism'. (15)
- Q. 3. Explain the aim and objectives of Olympics games. (15)
- Q. 4. Explain the procedure to select the host Olympics city. (15)
- Q. 5. Write a note on women contribution in Olympics games. (15)
- Q. 6. Explain in detail about the Olympics museum. (15)
- Q. 7. Write an essay on 'Global aspect of sports and Olympics'. (15)
- Q. 8. Write short notes on any two of the following- (15)
- a. Olympics Academy. (7.5)
  - b. International Paralympics Committee. (7.5)
  - d. Athlete's commission (7.5)

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

**Paper: MPE-1111: Advance Fitness Assessment & Exercise Prescription**

Time: 3 Hrs.

Maximum Marks: 75

(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 Describe the following :

(5 x 2=10)

- i. Prevention of premature health problems
- ii. Behaviour supporting fitness & health

Q.2 Discuss about various diseases related to inactivity.

(10)

Q.3 Discuss the following :

(5 x 2=10)

- i. PAR-Q
- ii. Administrative guidelines for cardio-vascular testing

Q.4 Write a note on body composition analysis of an individual.

(10)

Q.5 Explain tests to evaluate muscular strength & endurance.

(10)

Q.6 Discuss various stages of Behaviour modification to improve lifestyle.

(10)

Q.7 Discuss factors which effects the recommendation of exercise program to different

Populations.

(10)

Q.8 Write briefly on any two of the following:

(5 x 2=10)

- (i) Obesity & its management
- (ii) Principles of strength training
- (iii) Stages of behavior modification