

Serial No. 4050

Roll No.: _____

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER- III - 2019
Paper: MPE-0901
(Fundamentals of Health Education)**

Time: 3 Hours.

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 questions carry equal marks.

1. Write a short note on: (5+5=10)
 - a) Nutrition
 - b) Role of Health Education in Prevention of Non Communicable Diseases
2. Describe the Meaning & Components of Wellness? (10)
3. Write a short note on: (5+5=10)
 - a) Hepatitis
 - b) Meaning of Health
4. Write in detail about Weight Management? (10)
5. Define Substance Abuse? Describe the methods & Media of Health Education? (10)
6. Define Health Education. Describe the Methods & Media of Health Education? (10)
7. Define Communicable Diseases. Describe their mode of Spread & Prevention in detail. (10)
8. Make a Health Education Programme for 1500 students of a senior secondary School on health awareness? (10)

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER- III - 2019
Paper: MPE-0902
(Fundamentals of Sports Biomechanics)**

Time: 3 Hours.

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 questions carry equal marks.

1. Discuss on the concept of study of Kinesiology and Biomechanics and its area of study? (10)
2. Define speed, velocity, uniform acceleration, Force and momentum with Examples from physical education? (10)
3. Define Reaction Force, Friction force, Centripetal and centripetal forces with suitable examples from physical education? (10)
4. Discuss on any two biomechanical Principles with suitable examples? (10)
5. Define types of levers and explain their mechanical advantages and Disadvantages with special reference to physical education and sports applications? (10)
6. State and discuss on the law of angular momentum, law of action and Reaction (linear motion) as well as law of action and reaction (angular motion)? (10)
7. Explain the concept of Projectile Related activities with suitable examples? (10)
8. Discuss on qualities of Motor movements in regard to Movement rhythm, Movement flow, Movement precision and Movement amplitude with suitable examples? (10)

Serial No. 4053(i)

Roll No.: _____

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER- III - 2019
Paper: MPE-904 (i) Subject Specialization
(Exercise Physiology)**

Time: 3 Hours.

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 questions carry equal marks.

1. What are macro-nutrients? Discuss its role in athletic performance. (10)
2. Explain the method of assessing body composition using any one technique of your choice? (10)
3. What are the various population based strategies to enhance physical activity? Discuss. (10)
4. Discuss the benefits of worksite health and wellness program? (10)
5. What is cardiovascular disease? Discuss the role of physical activity in preventing it? (10)
6. Discuss the various changes associated with advancing age? (10)
7. Write a detailed note on Pharmacological Ergogenic agents? (10)
8. Write short note on any two of the following: (5+5=10)
 - a) Hypertension
 - b) Purpose of fitness testing
 - c) Diabeties

Serial No. 4053(ii)

Roll No.: _____

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER- III - 2019
Paper: MPE-904 (ii) Subject Specialization
(Sports Biomechanics)**

Time: 3 Hours.

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 questions carry equal marks.

1. Discuss on General Considerations, Biomechanical Parameters, Techniques, Ethics and Safety in regard to biomechanical testing protocols? (10)
2. Write Short notes on the following: (5+5=10)
 - a) Angular Displacement/ Distance
 - b) Angular Velocity
 - c) Angular Acceleration
 - d) Linear Distance and Displacement
3. Explain the Units of Measurement for Kinematic Data and Discuss its purpose for measuring? (10)
4. Discuss on Single-Plate Methods and its advantages and disadvantages? (10)
5. Write a note on Advantages and Disadvantages of Accelerometers? (10)
6. Discuss on Electrogoniometres and its advantages and disadvantages? (10)
7. Discuss on Physical Properties of limbs and Total Body in regard to Testing Procedure of (Center of Gravity, Mass and Centre of Volume) as well as Interpretation of Test Results of the same? (10)
8. Write short note on Force, Impulse Momentum, Ground Reaction Forces and Pressure Distribution as well as Interpretation of test Results? (10)

Serial No. 4083(vi)

Roll No.: _____

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER - III - 2019
Paper - MPE-904(vi)
(SPORTS MANAGEMENT)**

Time: 3 Hours.

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 questions carry equal marks.

1. Write the concept of financial management. Explain financial resources available in sports? (15)
2. Define the term budget. Explain types of budgets? Prepare a budgetary proposal (keeping in mind its types) for an event at national level? (15)
3. Explain the term purchase. Write in detail the procedure of purchasing Supplies and equipments? (15)
4. What is 'Market' and 'Marketing'? List the objectives of marketing survey. Why survey is important for marketing? Explain. (15)
5. Define the terms 'Advertising', and 'Promotion'. Discuss various promotional Tools(Promotional Mix) an organization uses ? (15)
6. Write short notes on the following: (7.5×2)
 - a) Explain the components of comprehension plan
 - b) Discuss the import procedure
7. Explain the process of starting a Franchise? (15)
8. Define the terms 'Guarantee', 'Warranty' and 'After sales service'. Explain After sales service techniques. Briefly discuss common types of after sales Service? (15)

Serial No. 4053

Roll No.: _____

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER - III - 2019
Paper - MPE-905
(Athlete's Care and Rehabilitation)**

Time: 3 Hours.

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 questions carry equal marks.

1. Write a short note on fitness, cause of sports injuries and Sports Medicine? (10)
2. Discuss on the Principles of Athletic Care and Rehabilitation? (10)
3. Explain in detail of Exercise as a preventive measure? (10)
4. Define doping and explain in detail & its classes and method? (2+8=10)
5. Explain in detail the Physical, Physiological, bio-chemical and bio-mechanical differences between men and women in sports? (10)
6. Write a note on Special problems of women and sports performance? (10)
7. Explain the Meaning, definition, classification and Benefits of Ergogenic Aids in Sports? (10)
8. Write Notes on the following: (5+5=10)
 - a) Nutrition and Sports Performance
 - b) Side effects, detection and sanction against doping

Serial No. 4053 (iv)

Roll No.: _____

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER - III - 2019
Paper - MPE-1004 (iv) : SUBJECT SPECIALIZATION
Professional Preparation & Curriculum Design**

Time: 3 Hours.

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 questions carry equal marks.

1. Explain the process of self-assessment, scanning and listing for new/first job in physical education? (10)
2. What do you understand by professional development? Explain its need and various types of in-service training programmes in physical education? (10)
3. Discuss the role of training institutes and resource persons in professional enrichment? (10)
4. Explain the term "Volunteer" with its role. Discuss important qualities of a volunteer leader? (10)
5. Define 'Curriculum Designing'. Explain important steps and factors affecting Curriculum development? (10)
6. Discuss important principles of curriculum development? (10)
7. Write about contents, subject-matter, its scope and its limits in relation to curriculum development? (10)
8. Write on the followings: (5+5=10)
 - a) Community Sports Leadership Programme
 - b) Developing a 'Resume'

Serial No. 4054

Roll No.: _____

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER - III - 2019
Paper - MPE-1101 : ADD ON-SPORTS NUTRITION AND EXERCISE PRESCRIPTION**

Maximum Marks: 75

Time: 3 Hours.

(Write your Roll No. on the top right side immediately on receipt of this question paper)

Note: Attempt any FIVE questions. All questions carry equal marks.

1. Briefly write about the following: (7.5×2)
 - a) Functions of Macronutrients
 - b) Female athlete triad
2. Explain in detail the dietary and nutritional considerations for endurance sports? (15)
3. Explain the components of a comprehensive health evaluation prior to beginning any exercise programme? (15)
4. Explain health benefits of physical fitness programme? (15)
5. Write in detail about nutritional ergogenic aids? (15)
6. Describe the following exercise stages for prescription progression? (7.5×2)
 - a) Initial conditioning stage
 - b) Improvement stage
7. What are the advantages and disadvantages of using free weights and machines for strength training purposes? (15)
8. Define all health related components of physical fitness and explain any one Test for any two components? (15)

Serial No. 4055

Roll No.: _____

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER - III - 2019
Paper - MPE-1104: Computer Application In Physical Education**

Time: 3 Hours.

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 questions carry equal marks.

1. Give a general introduction to Computer Hardware and Software? (10)
2. Write a note on different functions of MS-Excel? (10)
3. Write a note on MS-Word? (10)
4. Give a general introduction to Power Point applications? (10)
5. Describe different applications of Adobe Premier and Animation? (10)
6. Discuss on the complete process of E-mail construction and its Operating/ Management? (10)
7. Write a note on computer aided analysis? (10)
8. Discuss on the Importance and uses of Web Search in Physical Education? (10)

Serial No. 4056

Roll No.: _____

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER - III - 2019
Paper - MPE-1108 Add On Course
(Sports For All)**

Time: 3 Hours.

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 questions carry equal marks.

1. Define and enlist recreational sports. Explain in detail the any one of them? (10)
2. Define the concept of wellness. Explain in detail components of wellness? (10)
3. Describe the significance of sports in promotion of health and fitness? (10)
4. Explain in detail the contributing factors in the sports performance? (10)
5. Define social recreation. Explain in detail social factors which promote recreation? (10)
6. Write an essay on 'Motives of recreational participation'? (10)
7. Define sports training. Explain the principles of sports training? (10)
8. Write short notes on any two of the following: (5+5=10)
 - a) Cyclicity of sports planning
 - b) Sports counsellor
 - c) Deterrents in sports performance

Serial No. 4057

Roll No.: _____

MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER - III - 2019
Paper - MPE-1111
(ADVANCE FITNESS ASSESSMENT & EXERCISE PRESCRIPTION)

Time: 3 Hours.

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 questions carry equal marks.

1. Describe the following: (5×2)
 - a) Connection between physical activity, health & fitness
 - b) Obesity & related diseases
2. Discuss various diseases related to physical inactivity? (10)
3. Discuss the following: (5×2)
 - a) Pre-test responsibilities to conduct exercise testing
 - b) Administrative guidelines for fitness testing
4. Discuss tests to evaluate cardio-vascular fitness of the individuals? (10)
5. Explain procedures to assess body composition of the individuals? (10)
6. Discuss principles of exercise prescription to develop strength? (10)
7. Discuss various stages of behavior modification among individuals? (10)
8. Write briefly on any two of the following: (5×2)
 - a) Health related fitness components
 - b) Principles of cardio-respiratory exercise prescription
 - c) Measurement of heart rate (without equipment)
 - d) Exercise volume & intensity