

Your Roll No.....

Name of the course : Master of Physical Education (M. P. Ed.)
Paper No. : MPE-0704(i)
Name of the paper : Subject Specialization: Exercise Physiology
Semester : I-December-2024

Duration: 3 Hours

Maximum Marks: 50 Marks

Instructions for students

- Write your Roll No. on the top right side Immediately on the receipt of this question paper)
- Attempt any five questions. All questions carries equal marks.

- Q1.Explain the sliding filament theory of muscular contraction . (10)
- Q2.How does the respiratory system react and adapt to exercise and training? Discuss.(10)
- Q3.Discuss in detail the metabolic adaptations to strength training.(10)
- Q4.What is skill related fitness? Discuss its various components in detail.(10)
- Q5.Discuss the role of fast and slow twitch fibers in sports.(10)
- Q6.Discuss the role of flexibility in preventive health care.(10)
- Q7.What are the general training principles? Explain in detail.(10)
- Q8.What are the various stop test indicators? Explain.(10)