

Name of the course : Master of Physical Education (M. P. Ed.)  
Semester : II-May/June-2024  
Name of the Subject : Physical Education  
Name of the paper : Subject Specilization-804(i) Exercise Physiology

Duration: 3 Hours

Maximum Marks: 50 Marks

**Instruction for Candidates**

1. Attempt any five questions.
  2. All questions carry equal marks.
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1. Explain in detail the physiological response to exercise in cold conditions.
  2. Elaborate the growth & development of tissues in children.
  3. Elaborate the female athlete triad.
  4. What is obesity and how can a person manage obesity?
  5. Explain the factors affecting the strength & development of an athlete.
  6. What is strength training? Explain briefly 4 exercises to develop lower-body strength.
  7. Write short notes on
    - I. Anorexia
    - II. Heart Rate Reserve
  8. Why is progression in exercise important? Give a detailed example of progression through cardio-based exercises.

