

NAME OF THE EXAMINATION : MPed. (Master of Physical Education)
NAME OF THE PAPER : MPE-0901
NAME OF THE SUBJECT : FUNDAMENTALS OF HEALTH EDUCATION
SEMESTER : III-January 2024
DURATION : 03 Hours
MAXIMUM MARKS : 50

INSTRUCTIONS FOR CANDIDATES

Attempt any FIVE questions. All questions carry equal marks.

- Q1. What is the role of health education in prevention of non-communicable diseases? (10)
- Q2. Explain different types of media used in health education.
- Q3. Explain all dimensions of Health highlighting the interrelationship among various dimensions. (10)
- Q4. Explain harmful effects and rehabilitation measures for alcohol abuse. (10)
- Q5. What are communicable diseases? Describe mode of spread and prevention of communicable diseases. (10)
- Q6. Write in detail the components of school health services. (10)
- Q7. Explain the concept and components of wellness with special emphasis on illness-wellness continuum. (10)
- Q8. Write short notes on the following: (5X2)
- a) Functions of Carbohydrates and Proteins
 - b) Weight Management



NAME OF THE EXAMINATION
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SEMESTER
DURATION
MAXIMUM MARKS

: MPed. (Master of Physical Education)
: MPE-0903
: Fundamentals of Exercise Physiology
: III-January 2024
: 03 Hours
: 50

Instructions for students

Write your Roll No. on the top immediately on receipt of this question paper. Students are required to attempt any five questions out of eight. All questions carry 10 marks.

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

Q2. Explain the aerobic energy system in detail?

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

Q4. What are the benefits of resistance training?

Q5. Write note on any two:

- a) Athlete's diet
- b) Balance diet
- c) Electrolyte balance

Q6. What is body composition? Explain the assessment of body composition?

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

Q8. Write note on any two:

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



Examination Roll No.....

Name of the course : MASTER OF PHYSICAL EDUCATION (M.P.E.d)
Semester : Semester- III (January. 2024)
Name of the Subject : Physical Education
Name of the paper : Subject Specialization- 904 (i) Exercise Physiology
Option : 904 (i)

Duration: 3 Hours

Maximum Marks: 50 Marks

Instructions for Candidates

Attempt any five questions. All questions carry equal marks.

1. Discuss the role of micro and macronutrients in sports. 10
2. What is diabetes ? Discuss the various means and methods to control and prevent diabetes. 10
3. What are the various cardiovascular diseases. Explain the causes and the role of physical activity in preventing it. 10
4. What are the various physiological and psychological changes associated with aging? Explain. 10
5. Discuss the significance of conducting medical clearance prior to fitness testing. 10
6. Discuss the various population-based strategies to increase physical activity in the worksite . 10
7. What are the benefits of a worksite fitness program? Explain 10
8. Explain the procedure for measuring body composition using any one method of your choice. 10



Examination Roll No.....

Name of the course : M. P. Ed.

Semester : Semester- III (January. 2024)

Name of the Subject : Physical Education

Name of the paper : Subject Specialisation- 904 (iii) Exercise and Sports Psychology

Option : 904 (iii)

Duration: 3 Hours

Maximum Marks: 50 Marks

Instructions for Candidates

Attempt any five questions. All questions carry equal marks.

- Q. 1. Explain in detail the guidelines and precautions for psychological tests. 10
- Q. 2. Explain in detail the standardization and validation of a psychological test. 10
- Q. 3. Explain in detail the procedure to administer a psychological test with example. 10
- Q. 4. Explain the strategies and techniques used to deal with athlete's problems. 10
- Q. 5. Explain in detail the guidelines and difficulties using psychological testing. 10
- Q. 6. Define psychological skills. Explain any two psychological skills in detail. 10
- Q. 7. Explain in detail the qualitative and quantitative psychological testing with example. 10
- Q. 8. Write short notes on any two of the following: 5+5
- a. Self Esteem test.
 - b. Eye-hand coordination test.
 - c. Role of peripheral vision in sports



Examination Roll No.....

Name of the course : MASTER OF PHYSICAL EDUCATION (M.P.E.d)
Semester : Semester- III (January. 2024)
Name of the Subject : Physical Education
Name of the paper : Subject Specialization- 904 (iv) Professional Preparation &
Curriculum Design
Option : 904 (iv)
Duration: 3 Hours

Maximum Marks: 50 Marks

Instructions for Candidates

Attempt any five questions. All questions carry equal marks.

1. How to prepare for a good job application In the university ? Explain
2. How to develop a Good Resume for the jobs? Explain
3. What do you understand about professional development ? Explain
4. The role of a Professional in the training institute as a resource person? Explain .
5. What do you understand about Volunteer and Good qualities In volunteers? Explain.
6. The role of principles to develop a good curriculum Explain?
7. How to develop resource material In physical education and curriculum? Explain .
8. Which steps and factors are affecting curriculum development ? Explain



Examination Roll No.....

Name of the course : MASTER OF PHYSICAL EDUCATION (M.P.E.d)
Semester : Semester- III (January. 2024)
Name of the Subject : Physical Education
Name of the paper : Subject Specialization- 904 (v) Sports Sociology
Option : 904 (v)
Duration : 3 Hours
Maximum Marks :50 Marks

Instructions for Candidates

Attempt any five questions. All questions carry equal marks.

- Q.1 Define socialization? Write about the Sigmund Freud theory of socialization.
- Q.2 Elaborate in details the gender socialization and its impact in development of a female.
- Q.3 Describe youth sports and its role in development of sports.
- Q.4 What is gender and mention any one gender theory of your choice.
- Q.5 Define deviance and explain various types of deviance in sports.
- Q.6. Describe the history of sport's spectators.
- Q.7 Compare the features of masculinity and femininity in sports.
- Q.8 Write short notes on any two of following:
- a) Recent trends in youth sports.
 - b) Olympic movement in sports.
 - c) Academic abuses in sports.



Examination Roll No.

Name of the course : MASTER OF PHYSICAL EDUCATION (M.P.E.d)
Semester : Semester- III (January, 2024)
Name of the Subject : Physical Education
Name of the paper : Subject Specialization- 904 (vi) Sports Management
Option : 904 (vi)

Duration: 3 Hours

Maximum Marks: 75 Marks

Instructions for Candidates

Attempt any five questions. All questions carry equal marks.

- Q1. Discuss traditional and modern funding sources available in physical education and sports.
- Q2. Elaborate steps of budget preparation. Prepare a budget proposal for organising a league event in your respective Game of Specialization.
- Q3. Elaborate steps of purchase procedure for procurement of sports supplies and equipment.
- Q4. What is product and different types of product? Explain goals and principles of product development.
- Q5. Explain in brief the sports marketing framework.
- Q4. Explain in brief store keeping, stock maintenance and condemnation procedure.
- Q5. Write the Import procedure.
- Q6. What is contract of guarantee? Explain classification of contract of guarantee with suitable examples.
- Q7. Write the concept of Marketing Research. Explain survey research method. Write in brief the process of implementing survey research methods.
- Q8. What is marketing? Explain principles of marketing in physical education and sports. Explain sport marketing mix.



Examination Roll No.....

Name of the course : MASTER OF PHYSICAL EDUCATION (M.P.E.d)

Semester : Semester- III (January, 2024)

Name of the Subject : Physical Education

Name of the paper : Athlete's Care and Rehabilitation

Option : MPE-905

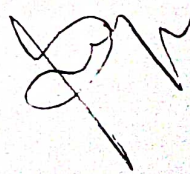
Duration: 3 Hours

Maximum Marks: 50 Marks

Instructions for Candidates

Attempt any five questions. All questions carry equal marks.

- Q1. List and explain the aims, objectives and scope of Athlete's Care and Rehabilitation in detail.
- Q2. Explain the causes, prevention and treatment of Sports Injuries.
- Q3. Explain the pre-exercise considerations and exercise benefits for a pregnant athlete and the baby at birth.
- Q4. Explain in detail the medical problems, symptoms and the precautions to be taken while performing in high altitude.
- Q5. Explain the methods and side effects of Doping.
- Q6. Write notes on any two:
- 1) Role of a physical educator in Athlete's Care and Rehabilitation.
 - 2) Bio-chemical and bio-mechanical differences between men and women
 - 3) Pre, during and post sports nutrition.
- Q7. Explain suitability of sports at various stages of growth with the help of examples.
- Q8. Write notes on any two:
- 1) WADA
 - 2) Women and sports
 - 3) Fracture and dislocation




(6)

NAME OF THE EXAMINATION: MPed (Master of Physical Education) SEM-III
NAME OF THE PAPER: MPE-1101
NAME OF THE SUBJECT: SPORTS NUTRITION AND EXERCISE PRESCRIPTION
SEMESTER: III-January-2024
DURATION: 03 Hours
MAXIMUM MARKS: 75

INSTRUCTIONS FOR CANDIDATES

Attempt any five questions. All questions carry equal marks.

- Q1. What are the dietary and nutritional considerations for sportspersons in endurance sports? (15)
- Q2. Explain balanced diet? Discuss various strategies for weight maintenance. (05,10)
- Q3. Describe all health related components of physical fitness. (15)
- Q4. What are various methods of assessing body composition and describe any two of them. (15)
- Q5. Enlist special exercise guidelines for pregnant and elderly population. (15)
- Q6. Explain the principles of exercise training for health and fitness. (15)
- Q7. Elaborate different steps for successful behaviour modification in exercise program planning. (15)
- Q8. Briefly write about the following: (7.5X2)
- a) Functions and sources of Protein
 - b) Female athletic triad
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Examination Roll No.....

Name of the course : M. P. Ed.
Semester : Semester- III-January-2024
Name of the paper : Life Saving Skills & Disaster Management
Paper Number : Add-on MPE-1105

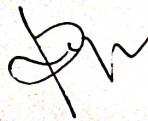
Duration: Three Hours

Max. Marks-75

Instructions for Candidates

Attempt any five questions. All questions carry equal marks.

- Q1. "Life-saving techniques offer individuals the ability to survive and save others during difficult, life-threatening situations." Justify this statement with suitable examples.
- Q2. Discuss the concept, features and aims of Disaster Management.
- Q3. Discuss various harmful effects of Disaster with the help of suitable examples.
- Q4. Describe the role of Educational Institutes and Students in Disaster management.
- Q5. Describe the effects and safety measures to be taken during either 'Flood' OR 'Earthquake'.
- Q6. "Terrorist attacks create fear among the public." Discuss various effects and safety measures to be taken during this man-made Disaster.
- Q7. Write an essay on "Prevention of Disaster."
- Q8. Explain the cycle of Disaster Management with the help of suitable examples.



Name of the Examination : MPEd (Master of Physical Education)
Name of the Paper : MPE-1110
Name of the Subject : Study of Olympics
Semester : III-January Exam 2024
Duration : 03 Hours
Maximum Marks : 75

INSTRUCTIONS FOR CANDIDATES

Attempt any five questions. All questions carry equal marks.

- Q1 Explain in detail Aims and Symbols of the Olympic Movement.
- Q2 Write in detail about the National Olympic Committee.
- Q3 Write a detailed note about "Women and Sports".
- Q4 Explain in detail about Paralympic Games.
- Q5 Write an essay on "Sports for All".
- Q6 Write a detailed note on "Drug abuse and Doping".
- Q7 Explain in detail about the International Olympic Committee .(IOC)
- Q8 Write a short note on any two from the following:
- A) Voluntarism
 - B) Olympic Academy
 - C) Olympism
 - D) The National Sports Federations

