

Examination Roll No.....

Name of the course : Master of Physical Education (M. P. Ed.)
Semester : IV-May/June2024
Name of the Subject : Physical Education
Name of the paper : Subject Specilization-MPE-1004(i) Exercise Physiology

Duration: 3 Hours

Maximum Marks: 50 Marks

Instruction for Candidates

1. Write your Roll No. on the top immediately on receipt of this question paper.
2. The student is required to attempt any five questions.
3. All questions carry equal marks.

- Q1. A subject is stepping at 30 steps/min on a .46m high step. Calculate his total Vo2 and METs. (10)
- Q2. Explain in detail the procedure for measuring lower body flexibility for aged population. (10)
- Q3. Write down the procedure for measuring aerobic endurance. (10)
- Q4. Calculate the target heart of a subject using Karvonen formula who is asked to exercise at an intensity between 60 to 75% of Heart rate reserve. (10)
- Q5. What are the various methods used to establish exercise intensity? Explain all methods. (10)
- Q6. A subject is walking at a speed of 92 m/min. Find her total VO2. (10)
- Q7. Explain the procedure of measuring body composition using any one standardised method. (10)
- Q8. A female subject walking on a level treadmill at 3mph. Find her total VO2 and METs. (10)

