

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-2025  
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 carry equal marks.

- Q1. Describe the microscopic structure of myofibril and contractile mechanism? (10)
- Q2. Why are the ATP-PCR and glycolytic energy systems considered anaerobic component?(10)
- Q3. Explain the various training principles in detail.(10)
- Q4. Explain in detail the chronic adaptation of the Cardiovascular system. (10)
- Q5. Discuss the guidelines and process of testing situation. (10)
- Q6. Describe the components of a good exercise programme and their importance in the total plan. (10)
- Q7. Define flexibility. Describe the various techniques to develop flexibility. (10)
- Q8. What is skill-related fitness? Describe the component of skill-related fitness. (10)