

Name of the Course

Roll No.....
: Master of Physical Education (M.P.Ed.)

Semester

: II (May/June 2025)

Name of the Paper

: MPE-1103: Add-on: Gymnasium Operations

Duration: 03 Hours

Max. Marks - 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 equal marks.

Q1. What is nutrition? Explain all the nutrients in detail?

Q2. What do you understand by aerobics? Explain all the types of aerobics?

Q3. What are the qualities and qualification of a good gym instructor?

Q4. Explain any one test of strength in detail?

Q5. Make an exercise and diet schedule for a woman whose height-5.7ft, weight- 80kg, age- 21, occupation- student.

Q6. What are the health hazards related to obesity? How to manage obesity?

Q7. What are the training effects of aerobics on various systems?

Q8. Answer any two of the following:

- i) 10 gym weight station's name
- ii) Aerobic session
- iii) Facilities of gym