

Name of Examination:- Master of Physical Education (M.P.E.d)
Semester:- II (May/June 2025)
Paper :- MPE-804 (I)
Subject:- Subject specialization- Exercise Physiology
Maximum marks:- 50
Time:- 3 hours

Instruction to Candidates: Attempt any five questions. All questions carry equal marks.

- Q.1 What are the health risks associated with exposure to a hot environment? Explain in detail. (10)
- Q2. Discuss the growth and development of tissues in the children. (10)
- Q3. What physiological factors affect the development of Cardiorespiratory fitness? Explain. (10)
- Q4. What are the physiological factors affecting strength development? Explain. (10)
- Q5. What is Plyometrics? Write a detailed note on the significance and benefits of Plyometric training. (10)
- Q6. What is Health Related Physical Fitness? Explain the procedure of administering any one standard test for measuring cardiorespiratory fitness. (10)
- Q7. What is the female Athlete Triad? Explain it in detail. (10)
- Q8. Write short notes on any two of the following: (5+5)
- (a) Heart Rate Reserve.
 - (b) Guidelines needed to be followed during pregnancy.
 - (c) Cold environment and selected physiological responses during exercises.