

Roll No.....

Name of the Course : Master of Physical Education (M.P.Ed.)
Paper No. : MPE-0904(I)
Name of the Paper : Subject Specialization: Exercise Physiology
Semester : III (December 2025)
Duration : 03 Hours
Maximum Marks : 50

INSTRUCTIONS FOR CANDIDATES

(Write your roll no immediately on the receipt of the question paper)

Note: Attempt any five questions. All questions carry equal marks.

1. Explain the method of assessing body composition using any technique of your choice. (10)
2. Justify the role of macro and micronutrients in sports.(10)
3. What is hypertension? Discuss the role of exercise in managing hypertension.(10)
4. Discuss in detail the purpose of fitness testing. (10)
5. Discuss the various physical and physiological changes associated with aging. (10)
6. Write a detailed note on the physical characteristics of the worker in the physiologically demanding occupations. (10).
7. What are the population need-based strategies to increase physical activity? Discuss.(10)
8. Discuss the various benefits of a worksite fitness program .(10)

Ph - 9319329896

Add - 240 block Jamar Colony

Dwarka

ANNEXURE-III

Gate 2 TB Centre



LOK NAYAK HOSPITAL
DEPARTMENT OF BIOCHEMISTRY
URINE/FLUIDS

SAMPLE TYPE - URINE/FLUID
CONTAINER - URINE CULTURE BOTTLE

NAME: Kelcha

AGE/GENDER: 56 79 8

IPD No.: 56798

PROVISIONAL DIAGNOSIS: med em

SPECIMEN DATE: 15/12/12

WARD/BED No.: 407F

OPD No.: 56798

TEST NAME

CSF CBNTMT TEST ORDERED

URINE:

RANDOM

24 hours

SUGAR

PROTEIN

MICROALBUMIN

UREA

URIC ACID

SODIUM

POTASSIUM

CSF

SUGAR

PROTEIN

ADA

OTHER FLUID

SUGAR

PROTEIN

ALBUMIN

ADA

LDH

AMYLASE

Dr. SONAL K. GOSWAMI
Post Graduate in Pathology
Dept. of General Medicine
M.A.C & Lok Nayak Hospital
New Delhi-110002

19648

Signature of Doctor

MGIPRRND-188 LNH/25-750 Pads.

ANNEXURE-III



LOK NAYAK HOSPITAL
DEPARTMENT OF BIOCHEMISTRY
URINE FLUIDS
SAMPLE TYPE - URINE FLUID
CONTAINER - URINE CULTURE BOTTLE

MR - 231195888
Add - GMD Hospital
Durgam

Centre
No. 103

NAME: K. Srinivas
AGE/GENDER: 25 yrs / M
IPD No.: 2548
PROVISIONAL DIAGNOSIS:
WARD: 103
OPD No.: 2548
SPECIMEN DATE: 25/11/18

TEST NAME: CSF CULTURE TEST ORDERED

URINE: [] RANDOM [] 24 hours

- SUGAR
- PROTEIN
- MICROALBUMIN
- UREA
- URIC ACID
- SODIUM
- POTASSIUM

- OTHER FLUID
- SUGAR
- PROTEIN
- ALBUMIN
- LDH
- AMYLASE

CSF
DATE: 25/11/18
RTB: 103
REFERRING: K. Srinivas

Signature of Doctor