

Name of Examination:- Master of Physical Education (M.P.E.d)
Paper No :- MPE-1004 (I)
Subject:- Subject specialization- Exercise Physiology
Semester:- IV (May/June 2025)
Maximum marks:- 50
Time:- 3 hours

(Write your Roll No. on the top right side immediately on the receipt of this question paper.)
NOTE: Attempt any five questions. All questions carry equal marks.

Q1. Describe health-related physical fitness along with any field method of measuring aerobic capacity.

Q2. What measures will you take in the process of testing and assessment of lower body strength in the older population?

Q3. What are the different categories of physically challenged subjects?

Q4. How is anthropometric assessment helpful in the performance of athletes and injury prevention?

Q5. Explain in detail the protocols of Physiological assessment of players.

Q6. Elaborate the energy cost along with the calculation of the energy cost of cycling.

Q7. How will you determine maximal oxygen consumption? Explain.

Q8. Write short notes on any two from the following:

- a. Metabolic Equivalents of Task
- b. Absolute VO_2
- c. Body Composition