

Name of the Course : MASTER OF PHYSICAL EDUCATION (M.P.Ed.)
Name of the Paper : SPORTS NUTRITION AND EXERCISE PRESCRIPTION
Paper Code : MPE-1101
Semester : II (May/June 2026)
Duration : 3 Hours
Maximum Marks : 75 Marks

Instructions for Candidates

Attempt any five questions, All questions carry equal marks.

- Q1. Enlist function and sources all macronutrients. (15)
- Q 2. Write in detail about dietary and nutritional considerations in strength sports. (15)
- Q3. Define all skill related components of physical fitness and briefly write about a test for each of the component. (15)
- Q4. Explain different stages for behaviour modification in exercise program planning. (15)
- Q5. Specify exercise guidelines for pregnant women and elderly. (15)
- Q6. Explain the principles of training and exercise for health and fitness. (15)
- Q7. Enumerate methods of assessing body composition and describe any two of them. (15)
- Q8. Briefly write about the following: (7.5X2)
- a) PAR Q and PARQ +
 - b) Indicative Signs to stop exercise