

**NAME OF THE COURSE** : Master of Physical Education (M.P.Ed.)  
**NAME OF THE PAPER** : Add-on Paper- GYMNASIUM-OPERATIONS  
(Paper-MPE 1103)  
**SEMESTER** : II May-2026  
**DURATION** : 3 Hours  
**MAXIMUM MARKS** : 50

**NOTE:** Attempt any five questions in total. All questions carry equal marks.

Q1. Define nutrition and discuss its importance in maintaining health and wellness. Explain the concept of a balanced diet with reference to lifestyle diseases.

Q2. Explain energy metabolism and its relation to physical activity. Discuss methods for calculating daily caloric requirements.

Q3. Critically examine the causes and management of obesity. Suggest preventive strategies through diet and exercise.

Q4. Prepare a weight reduction programme for a sedentary individual, include diet plan, exercise schedule, and monitoring methods.

Q5. Discuss the concept of aerobic fitness. Explain methods for improving aerobic capacity and designing an aerobic fitness programme.

Q6. Explain the organizational and managerial aspects of gym operation, including marketing, enrolment, record keeping, and financial management.

Q7. Describe different gym equipment and their uses. Explain safety precautions and maintenance procedures.

Q8. Explain Sit and Reach Test and Harvard Step Test. Discuss their application in evaluating physical fitness.