

Name of the Course : Master of Physical Education (M.P.Ed.)
Name of the Paper : Subject Specialization: Exercise Physiology
Paper Code : MPE-0804(i)
Semester : II (May/June 2026)
Duration : 3 Hours
Maximum Marks : 50 Marks

Instructions for Candidates

Attempt any five questions, All questions carry equal marks

1. Explain in detail the physiological response while exercising in hot climate.
2. How does the tissue development & growth occur in different stages of a child?
3. Explain in detail the female athlete triad.
4. What is the role of exercise? Explain dieting & combination of exercise for weight management.
5. Explain the physiological factors affecting the development of cardiorespiratory fitness.
6. Elaborate the principles of strength training along with exercise guidelines for prevention of injury.
7. Write short notes on
 - I. Acclimatization
 - II. VO_2Max
8. Explain 'progression' and create a sample of progression through exercises for strength training.