

Roll No.....

Name of the Course : Master of Physical Education (M.P.Ed.)
Name of the Paper : Subject Specialization: Exercise Physiology
Paper Code : MPE-1004 (i)
Semester : IV (May/June 2026)
Duration : 3 Hours
Maximum Marks : 50 Marks

Instructions for Candidates

1. Attempt any five questions

2. All questions carry equal marks

1. Explain the procedure to administer the 1 Mile Rock Port Test . (10)
2. Write down the procedure to measure the upper body flexibility of the senior citizens using the senior fitness test battery. (10)
3. A subject is running on a treadmill at 4% grade and at a speed of 130m/min. Determine horizontal O₂ consumption and METs. (10)
4. A subject weighing 80kg stepped up and down on an 8 inch bench at the rate of 25steps/min. Calculate his workload /min. (10)
5. A subject is stepping at 30 steps/min on a 46m high bench .Find his total vo₂ and METs and also find total Vo₂ and METs. of a subject is walking on a level treadmill at 3mph.
6. A subject weighing 72kg is performing GXT on a cycle ergometer and the a-vo₂diff and Vo₂ are recorded using an open-circuit spirometry .Given the following measured values, find the absolute Vo₂ ,Q and Stroke Volume. (10)
7. Discuss the aspects to be dealt under the subjects preparation for exercise testing. (10)
8. Write short notes on any two of the following: (5x2)
 - (a) Pulse Pressure
 - (b) Double Product
 - (c) Categories of physically challenged subjects
 - (d) Arteriovenous oxygen difference