

**OPEN BOOK EXAMINATION SCHEME 2020**

**MASTER OF PHYSICAL EDUCATION**

M.P.Ed. Sem. III Nov/Dec 2020

**PAPER MPE -1103**

**ADD ON: GYM OPERATION**

**SET – II**

**Instruction for students:**

- a) Attempt any **FOUR QUESTIONS**. All question carries equal marks.
- b) The duration of question paper is of **4 hours duration out of which** the student is provided with **3 hours for answering** the question paper and **1 hour is given for** downloading the question paper, scanning the answer sheet in PDF format and uploading the scanned PDF of the answer sheet on the portal.

**Maximum Marks: 50**

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|--|--------|
| Q1 What is eating disorder? Explain it with some case study?   | (12.5) |
| Q2 What are the effects of aerobic training on circulatory system?                                   | (12.5) |
| Q3 What are the qualities and qualification of gym instructor?                                       | (12.5) |
| Q4 Calculate the BMI of a woman who has weight 85kg and height 5.8 inches and interpret your result. | (12.5) |
| Q5 Explain any one test of cardiovascular endurance of your choice in detail.                        | (12.5) |
| Q6 How to establish gym? Explain with all the procedures in detail.                                  | (12.5) |