

MASTER OF PHYSICAL EDUCATION (M.P.Ed.)

SEMESTER- IV-May-June 2021

Paper- **MPE 1004(i)**

Subject Specialization: **Exercise Physiology**

Time: **(3 hours +1 hour*)**

Maximum Marks: **50**

***1 hour is for downloading question paper, scanning the answer sheet and uploading it on the portal**

NOTE: Attempt any four questions. All questions carry equal marks.

Q1. Explain the procedure of administrating the Bench Press Test.

Q2. Explain the testing and assessment of the lower body strength of the older population.

Q3. Explain the procedure of administrating a field test to assess flexibility.

Q4. Explain the protocols for Physiological Assessment of Hockey players.

Q5. Explain the general assessment procedure for blood lactate response to exercise.

Q6. Write in detail various categories of Physically Challenged personnel.