

**OPEN BOOK EXAMINATION SCHEME-2020
MASTER OF PHYSICAL EDUCATION
M.P.Ed. Sem. I MARCH,- 2021**

PAPER MPE -0704 (i)

EXERCISE PHYSIOLOGY

Instruction for students:-

- a) Attempt any **FOUR QUESTIONS**. All questions carry 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

1. Explain with the help of a neat diagram the gross structure of skeletal muscle.
2. Discuss the chronic adaptation of the cardiovascular system.
3. What are the various principles of training? Explain in detail.
4. Discuss the Metabolic Adaptation to Aerobic Training Program.
5. Define Health Related Fitness. Discuss the various components of Health Related Fitness and its significance.
6. Explain the Sliding Filament Theory of Muscular Contraction with the help of neat diagram.