



INDIRA GANDHI INSTITUTE OF PHYSICAL EDUCATION & SPORTS SCIENCES  
(University of Delhi)

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**Exercise Physiology (Subject Specialisation)**

**M.P.Ed. Semester II**

**Max Marks 15**

**Duration 1 and a half hour**

**Attempt any 2 questions**

**All questions carry equal marks**

- Q 1.** List the items of muscular endurance test. Explain any one in details.
- Q 2.** Explain the procedure of skinfold measurement in detail.
- Q 3.** Explain the procedure of necessary flexibility test using any one test of your choice.

**Sd/-**

**Dr. Tarak Nath Pramanik**

**NOTE :** Viva will be conducted by the teacher in-charge Dr. Tarak Nath Pramanik at 4 PM onwards on whatsapp video call



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**NOTICE FOR Written Practical Test of**  
**Exercise Physiology (Subject Specialisation)**  
**M.PEd. Semester II**

All the student hereby informed that the written practical test will be conducted by the teacher in-charge of subject: **Exercise Physiology (Subject Specialisation)** 02.06.2020 at 11 AM to 12.30 PM. Students will write any two questions out of three on the sheet. (Any paper of register or notebook) after completion the exam, scan a copy of your answer test in PDF format will be sent to Dr. Tarak Nath Pramanik's E-Mail Id.

Note: No answer sheet will be entertained after 1 PM. Maximum marks is 15 for this test. Question will be supplied for the test before 11 AM on 02.06.2020 on the college website, so be ready with your material.

Sd/-

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