

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER- II, May - 2017**

**Paper: MPE-1101
(Add-On Courses)
(Sports Nutrition and Exercise Prescription)**

Time: 03 Hours.

Maximum Marks: 75

Write your Roll No. on the top right side immediately on receipt of this question paper)

Note: Attempt any FIVE questions. All questions carry equal marks.

1. Discuss the essential nutrients and their functions in the human body. (15)
2. What do you understand by the term balance diet? Explain how can you get balance diet. (6+9)
3. Write a detailed note on protein intake for athlete. (15)
4. Discuss in detail the female athlete triad. (15)
5. What are the various administrative guidelines for pre-testing situation? (15)
6. What is body composition? Explain any one method of assessing body composition. (3+12)
7. Explain the procedure for measuring flexibility using any one standard test. (15)
8. Write short notes on any two of the following:- (7½x2)
 - a) PAR – Q
 - b) Informed consent
 - c) Blood Pressure