

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER- IV - 2017
Paper - MPE-1006(vi): Optional Group-III:
(Sports, Physical Activity and Nutrition)**

Time: 03 Hours.

Maximum Marks: 50

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.

Define Sports Competition. Explain in detail sports for adult. (10)

Define Physical Activity. Explain in detail the benefits of Physical Activities. (10)

Define Hypokinetic diseases. How are Physical Activities beneficial in Hypertension? (10)

“Psychic Origin Diseases can be controlled by Physical Activities”. Discuss the Statement. (10)

Define Nutrition? Explain the important components of nutrition for Sports Person. (10)

Differentiate between vegetarian and non-vegetarian diet and their role in sports food. (10)

Explain in detail weight management in relation to healthy life. (10)

Write short notes on the following:- (5+5)

Exercise for late childhood

Diet prescription