

OPEN BOOK EXAMINATION SCHEME 2020
MASTER OF PHYSICAL EDUCATION
M.P.Ed. Sem. III Nov/Dec 2020
PAPER MPE -0903

FUNDAMENTALS OF EXERCISE PHYSIOLOGY
SET – II

Instruction for students:

- a) Attempt any **FOUR QUESTIONS**. All question carries 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

- Q1.Explain the contractile mechanism of the Skeletal Muscle and its adaptation to Physical activity. (12.5)
- Q2. Explain the role of Physical Activity in the prevention of diabetes. (12.5)
- Q3. Explain the need of a balanced diet for Fitness and Performance. (12.5)
- Q4. Explain Obesity and its risk factors. (12.5)
- Q5. List and explain the prerequisites of Exercise Prescription. (12.5)
- Q6. Explain assessment of Body Composition in detail. (12.5)

