

Your Roll No.....

**Master OF Physical Education**  
**M.P.Ed. Semester-I 2022**  
**Paper-MPE-704(i) Exercise Physiology**

**Time: ( 3 hrs + 1 hr\*)**

**Maximum Marks: 50**

**\*For Downloading of QP, Scanning answer sheet and uploading it.**

(Write your roll No on The top of right side  
Immediately on the receipt of this question paper)

**Note:** Attempt any **four** questions. **All** question carry equal marks.

Q1 Write in detail about aerobic & anaerobic training program.

Q2. Explain in detail the chronic adaptation of Respiratory system.

Q3 Discuss the protocols & guidelines of Exercise program.

Q4. What are the administrative guidelines for pre-testing situation?

Q5. What is muscular flexibility? Write down factors affecting flexibility.

Q6. What is health related fitness? Describe the components of health related fitness.