

Course Name: MPEd

Semester:III- 2021

Paper Name: Exercise Physiology

Paper Number: MPE0904 (i) Subject Specialization

Duration of Paper: ( 3 hrs + 1 hr\*)

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

Maximum Marks: 50

Instruction to Candidates: Attempt any four questions.All questions carry equal marks.

1. Discuss the role of micro and macronutrients in sports.  
12.5
2. What is diabetes ? Discuss the various means and methods to control and prevent diabetes  
.12.5
3. What are the various cardiovascular diseases. Explain the causes and the role of physical activity in preventing it.12.5
4. What are the various physiological and psychological changes associated with aging?Explain.12.5
5. Discuss the significance of conducting medical clearance prior to fitness testing.12.5
6. Discuss the various population based strategies to increase physical activity in the worksite  
.12.5