

NAME OF THE EXAMINATION: M.P.Ed. (Master of Physical Education) SEM-III
NAME OF THE PAPER: MPE-1101/ 2021
NAME OF THE SUBJECT: SPORTS NUTRITION AND EXERCISE PRESCRIPTION
SEMESTER: III
DURATION: (3 hrs + 1 hr *)
***For Downloading of QP, Scanning answer sheet and uploading it.**

MAXIMUM MARKS: 75

INSTRUCTIONS FOR CANDIDATES

Attempt any FOUR questions. All questions carry equal marks.

- Q1. Explain the concept of balanced diet. What are the special nutritional considerations for Women. (18.5)
- Q2. What is the role of hydration in sports. Explain any two nutritional ergogenic aids. (18.5)
- Q3. Briefly write about the Energy mechanisms. Explain diet and exercise strategy for weight loss. (18.5)
- Q4. Enumerate the benefits of exercise. What are the advantages and disadvantages of using free weights and machines for strength training purposes? (18.5)
- Q5. Explain all skill related components of physical fitness and a test for each component. (18.5)
- Q6. Explain FITT-VP in detail. Describe the health appraisal evaluations done prior to recommending any exercise programme. (18.5)