

MASTER OF PHYSICAL EDUCATION(M.P.ED)
SEMESTER III-2021
PAPER:MPE-903- Fundamentals of Exercise Physiology

TIME: (3 hrs + 1 hr*)

Max Marks: 50

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

Attempt any four questions. All questions carry equal marks

Q1. Explain the energy system during rest and exercise.

Q2. . Determine the recommended Body Weight for a female , Age: 37, BW: 180 lbs, fat percentage: 35% and desired Fat percentage is 20%.

Q3. Explain the Principles of Training and the effects of Over training and Under training in detail.

Q4. Explain in detail the physiological basis of Diet for sedentary, physically active and sports person.

Q5. Explain in detail Cardiovascular disease risk factors and obesity.

Q6.Explain in detail the role of exercise in prevention and treatment of obesity and diabetes.