

**NAME OF THE PAPER : Advance Fitness Assessment & Exercise Prescription
(MPE-1111)**

NAME OF THE COURSE : M.P.Ed.

SEMESTER : III -2021

DURATION : (3 hrs + 1 hr*)

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

MAXIMUM MARKS : 75

NOTE: Attempt any four questions in total. All questions carry equal marks.

Q.1 Discuss the relation between Physical activities & Health.. Discuss lifestyle which supports fitness & health of an individual.

Q.2 Explain the purpose of fitness testing. Discuss administrative guidelines & responsibilities for fitness testing

Q.3 What is the basis of assessing Intensity & Frequency of exercise for an individual. Discuss any one method to assess Intensity of training.

Q.4 What is the purpose of assessing Body composition. Discuss any one method to assess body composition of an individual.

Q.5 Discuss principles of exercise prescription to develop cardiovascular endurance.

Q.6 Discuss different stages of modification of behavior.