

OPEN BOOK EXAMINATION SCHEME 2020

MASTER OF PHYSICAL EDUCATION

M.P.Ed. Sem. III Nov/Dec 2020

PAPER MPE -1101

ADD ON: SPORTS NUTRITION AND EXERCISE PRESCRIPTION

SET – II

Instruction for students:

- a) Attempt any **FOUR QUESTIONS**. All question carries equal marks.
- b) The duration of question paper is of **4 hours duration out of which** the student is provided with **3 hours for answering** the question paper and **1 hour is given for** downloading the question paper, scanning the answer sheet in PDF format and uploading the scanned PDF of the answer sheet on the portal.

Maximum Marks: 75

- Q1. Define nutrition and nutrients. Write down the functions and sources of
Macronutrients (18.75)
- Q2. Explain the dietary and nutritional considerations for sports persons engaged in endurance sports with special emphasis on training diet, pre-, during and post competition meals. (18.75)
- Q3. Write down the exercise guidelines for pregnant women, elderly and children. (18.75)
- Q4. Enlist health benefits of physical fitness programme. Explain the measurement technique of heart rate. (18.75)
- Q5. Explain carbohydrate loading. Write in detail about any three nutritional ergogenic aids. (18.75)
- Q6. Explain steps for behaviour modification for fitness programme and describe all the stages of progression in exercise programme (18.75)

