

**OPEN BOOK EXAMINATION SCHEME 2020
MASTER OF PHYSICAL EDUCATION**

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

PAPER MPE -1111

ADD ON: ADVANCE FITNESS ASSESSMENT & 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. Explain benefits of physical activities in dealing with various chronic diseases. (18.75)
- Q. 2 What are different components of health evaluation. Explain purpose of each component. (18.75)
- Q. 3 What is the purpose of fitness testing? Suggest administrative guidelines for conducting such tests. (18.75)
- Q. 4 Explain any two tests to assess cardio-vascular fitness of an individual. (18.75)
- Q. 5 Explain principles for exercise prescription for developing strength of an individual. (18.75)
- Q.6 Discuss need & stages of behavior modification in an individual. (18.75)