

M.P.Ed. Examination-2016

Semester-III

Physical Education

Course- MPCC-303

(Health Education and Sports Nutrition)

Time: Three Hours

Full Marks: 70

Questions are of value as indicated in the margin.

Attempt all question taking one from each unit

UNIT-I

1. Define Health Education. Write in details about different dimension of Health. 2+12=14

or

Write in details about aim, objectives and principles of Health education. 14

UNIT-II

2. What is First-aid? Write down the role of health education in schools. 2+12=14

or

What do you mean by communicable diseases? Write in details about obesity in our modern society. 4+10=14

UNIT-III

3. What do you mean by health and hygiene? Write down the effect of Alcohol on health. 4+10=10

or

Write down in details about Hypertension and Stress on school children in modern society. 14

UNIT-IV

4. Write short notes on (*any two*) 7+7=14

(a) Nutrition (b) Protein (c) BMI (d) Healthy life style

or

Explain the role of carbohydrate and Fat during exercise. 14

UNIT-V

5. Explain the role of diet and exercise in weight management. 14

or

Design diet plan and exercise schedule for weight gain and loss. 7+7=14
