

M.P.Ed. Examination, 2015
Semester-II
Physical Education
Paper – MPED-121
(Exercise and Sports Physiology)

Time: 3 Hours

Full Marks: 40

Questions are of value as indicated in the margin.

Answer **all** questions.

Unit-I

1. Briefly summarize various hormonal functions of human body and related responses to exercise and training. 8

or

What comprises the immune system? How does exercise is related to immunity? 4+4=8

Unit-II

2. Categorize various levels of altitude. Explain aerobic and anaerobic performances at altitude. 1+7=8

or

Write note on any one of the following: 8

- (a) Mechanisms of heat exchange (b) Physiological responses to cold

Unit-III

3. Define and distinguish among the following: 8

Health-related fitness

Performance-related fitness

Physiological fitness

Functional fitness

or

Explain any two of the following from physiological point of view: 2×4=8

- (a) Cardio-respiratory endurance (b) Power (c) Co-ordination (d) Flexibility

Unit-IV

4. Define obesity. Discuss in brief various types, causes and remedial measures of obesity. 2+6=8

or

Write an exhaustive note on Body Composition. 8

Unit-V

5. Write a brief note on women in exercise and sports from physiological point of view. 8

or

Briefly describe any two of the following: 4+4=8

- (a) Exercise in prevention of gynaecological problems
(b) Sex difference in relation to aerobic performance
(c) Sex difference in relation to strength performance