

**M.P.Ed. Examination, 2018**  
**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

**Answer One question from each Unit**

**UNIT-I**

1. Write the general concept of Health & Health Education. Write down the Aim & Objective of Health Education. 4+4+6=14

**OR**

Write down the Dimension & Spectrum of Health Education. 7+7=14

**UNIT-II**

2. What do you mean by Obesity & Malnutrition? Write in details about Health appraisal. 4+4+6=14

**OR**

Write down how students can enjoy Healthy Environment in School. 14

**UNIT-III**

3. What do you mean by Stress? Discuss in details of various types of Hygiene. 4+10=14

**OR**

**‘TOBACCO causes Cancer’** Write in details. 14

**UNIT-IV**

4. Write down the mechanical concept of Fat & Protein while doing physical exercise. 7+7=14

**OR**

What do you mean by Nutrition? Write the role of Nutrition on Physical Education & Sports Science. 4+10=15

**UNIT-V**

5. Write in details about Weight management Programme in sports. What is Body Mass Index? 2+12=14

**OR**

What is Diet? How Sports man can maintain the Healthy Lifestyle. 4+10=14

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