

M.P.Ed. Examination, 2018
Semester-III
Physical Education
Course: MPEC-302
(Physical Fitness and Wellness)

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 meaning of Physical Fitness. State the various principles of Physical Fitness.

4+10=14

Or

Define physical fitness. Write in detail about the components of physical fitness.

3+11=14

Unit- II

2. Define Nutrition and Malnutrition. What are the foods to be avoided to maintain good health?

4+10=14

Or

What do you mean by food values? Write in detail about the weight management mechanism.

4+10=14

Unit- III

3. How will you assess cardio-respiratory fitness? State the importance of cool down exercise for recovery process.

4+10=14

Or

Write short notes on the following:

7+7=14

(a) Power walking

(b) Aerobic exercises in a circuit

Unit- IV

4. Explain the process of imposing exercises to develop strength and Endurance.

14

Or

Explain resistance training. Define principles of Resistance training.

2+12=14

Unit- V

5. State the importance of Flexibility in training sprinter. Define two flexibility exercises for legs.

6+8=14

Or

Define Flexibility Training, Relaxation Techniques and Core Training. How will you develop basics competency in relaxation techniques.

6+8=14
