

**SECOND SEMESTER M.P.Ed. DEGREE EXAMINATION, APRIL 2020**

M.P.Ed.

**Paper VI—HEALTH AND FITNESS EDUCATION**

Time : Three Hours

Maximum : 75 Marks

## 1. Fill in the blanks :

- (A) The normal blood pressure for a person is \_\_\_\_\_.
- (B) The resistance or duration of execution is known as \_\_\_\_\_.
- (C) \_\_\_\_\_ is an obstructive pulmonary disease.
- (D) Range of movement is known as \_\_\_\_\_.
- (E) Obesity is the condition when the BMI level is above \_\_\_\_\_ kg/m<sup>2</sup>.

(5 × 1 = 5 marks)

2. Write answers in *one word* :

- (A) Name the joint associated with arthritics.
- (B) What is meant by PRPF ?
- (C) Define overweight.
- (D) What is NIDDM ?
- (E) Define cardio respiratory fitness.
- (F) What is the ability to overcome resistance with speed ?
- (G) Name a age related health issue.
- (H) What is the main aim of school health program ?
- (I) What is type-II Diabetes Mellitus ?
- (J) What are the main principles of training ?

(10 × 1 = 10 marks)

## 3. Match the Following :

Table A	Table B
1 ACSM	1 WHO.
2 General exercise test	2 Short duration.
3 Safety education	3 Explosive strength.
4 Micro cycle	4 High blood pressure.
5 Explosive strength	5 Type-II.
6 World Health Organization	6 Body Mass Index.
7 knee	7 Health and Safety.
8 IDDM	8 Arthritics.
9 BMI	9 American college of sports medicine.
10 Hypertention	10 GXT.

(10 × 1 = 10 marks)

## 4. State True or False :

- (A) Ability to overcome resistance with speed is explosive strength.
- (B) Type-I diabetic is otherwise known as IDDM.
- (C) Children can do all type of exercises.
- (D) Health means the absence of disease.
- (E) Speed and endurance are opposite in nature.

(5 × 1 = 5 marks)

## 5. Write Briefly :

- (A) Elaborate an exercise training program to improve body composition.
- (B) Explain the exercise prescription for people with hypertensions.
- (C) Explain the management of health and fitness marketing.

(3 × 5 = 15 marks)

6. Write short notes on any *five* questions :

- (A) What is type-I diabetic mellitus ?
- (B) What is explosive strength ?
- (C) What are obstructive pulmonary disease ?
- (D) How do you assess 1RM for a particular exercise ?
- (E) What is cardio respiratory endurance ?
- (F) Explain Health.
- (G) What are the age related health problems faced by senior citizens ?
- (H) What are the safety measures to be taken while training children ?

(5 × 3 = 15 marks)

7. Answer any *one* :

- (A) Explain the fitness training methods for people with obstructive pulmonary disease and hypertension.

Or

- (B) Explain the concept of exercise training program for weight reduction and weight management.

(1 × 15 = 15 marks)

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**Paper V—SCIENTIFIC PRINCIPLES OF SPORTS COACHING**

Time : Three Hours

Maximum : 75 Marks

**1. Fill in the blanks :**

- A) Recovery period comes after \_\_\_\_\_ period.
- B) Acceleration ability is a component of \_\_\_\_\_.
- C) Continuous run is used to improve \_\_\_\_\_.
- D) Diminished performance of a player may be due to \_\_\_\_\_.
- E) The shortest training cycle is the \_\_\_\_\_.

(5 × 1 = 5 marks)

**2. Write answers in *one word* :**

- A) What is meant by maximum strength ?
- B) What is isotonic contraction ?
- C) What is pressure training ?
- D) Define tactics.
- E) What is meant by stations in a circuit ?
- F) Define speed endurance.
- G) What is explosive strength ?
- H) What is reversability ?
- I) What is a competition period ?
- J) What is a Fartlek training ?

(10 × 1 = 10 marks)

**Turn over**

## 3. Match the Following :

Table A

- 1 Speed
- 2 Tempo runs
- 3 Fast twitch fibers
- 4 Maximum weight
- 5 Specific strength
- 6 Weight lifting
- 7 Sprint start
- 8 Circuit training
- 9 Flexibility
- 10 Micro cycle

Table B

- 1 Reaction abilities.
- 2 Maximum strength.
- 3 Muscle hypertrophy.
- 4 One week.
- 5 Speed.
- 6 Sports specific.
- 7 Speed endurance.
- 8 PNF stretching.
- 9 Fartlek training.
- 10 Stations.

(10 × 1 = 10 marks)

## 4. State True or False :

- A) Strength training help to improve co-ordination.
- B) Meso cycle is the smallest of all training cycles.
- C) Plyometric training help to improve vertical jumping ability.
- D) Circuit training can also be used to develop endurance.
- E) Progression means gradual increase of load and /or intensity.

(5 × 1 = 5 marks)

## 5. Write Briefly :

- A) Explain multiple periodization.
- B) Explain the components of speed.
- C) Explain the different types of strength training.

(3 × 5 = 15 marks)

6. Write short notes on any *five* questions :

- A) Explain the different types of flexibility.
- B) What is speed endurance ?
- C) What is circuit training ?
- D) Explain tactical preparation.
- E) What is a macro cycle ?
- F) What is meant by competition preparation ?
- G) What are the different types of continuous training ?
- H) Explain the importance of endurance in competitive sports.

(5 × 3 = 15 marks)

7. Answer any *one* :

- A) Explain the different types of training plans ?

*Or*

- B) Explain the different types of training methods for the development of endurance.

(1 × 15 = 15 marks)

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**Paper IV—PHYSIOLOGY OF EXERCISE**

Time : Three Hours

Maximum : 75 Marks

**I. Fill in the blanks :**

- 1) \_\_\_\_\_ is the energy source of muscular contraction.
- 2) \_\_\_\_\_ are the immediate source of energy.
- 3) The ability to breath freely during exercise after having been out of breath is known as \_\_\_\_\_.
- 4) The volume of blood pumped out of the heart in one contraction is known as \_\_\_\_\_.
- 5) Places of high altitude will have \_\_\_\_\_ gravitational effect.

(5 × 1 = 5 marks)

**II. Write answers in *one* word :**

- 1) A temporary shortage of oxygen in the muscle due to exercise is known as.
- 2) Acclimatization happens at.
- 3) Increase in muscle size is known as.
- 4) The pressure of blood in the vessels when the heart is contracting is known as.
- 5) Name a source of vegetable fat.
- 6) What happens to lung volume when training at places of high altitude.
- 7) Amount of energy spent on normal functioning of the body is known as.
- 8) Name the equipment used to measure vital capacity.
- 9) The maximum volume of oxygen consumed is known as.
- 10) Name the method used to assess muscle activation.

(10 × 1 = 10 marks)

**Turn over**

III. Match the Following :

Table A	Table B
1 60-100 bts/min	1 Cardiac muscle
2 Frost bite	2 Lungs
3 Power house of the cell	3 Proteins
4 Striated	4 Physiological testing
5 Bronchi	5 Heart
6 Low gravity	6 BMI
7 Ergometers	7 High altitude
8 ECG	8 Colder climate
9 Body composition	9 Mitochondria
10 Amino acids	10 Normal heart rate range

(10 × 1 = 10 marks)

IV. State True or False :

- 1) Fructose is a type of carbohydrate. - (True/False)
- 2) Energy shortage is the only reason for muscle soreness. - (True / False)
- 3) Delay in exercise recovery is known as DOMS - (True / False)
- 4) Short sprints are aerobic type of activity. - (True / False)
- 5) The volume of air that does not take part in the gas exchange is known as dead space - (True / False)

(5 × 1 = 5 marks)

V. Write Briefly on :

- 1) Explain the environmental conditions prevailing at places of high altitude.
- 2) Explain the importance of assessing physiological parameters.
- 3) Explain the types of muscle fibers.

(3 × 5 = 15 marks)



VI. Write short notes on any *five* of the following :

- 1) Muscle soreness.
- 2) Cardiac output.
- 3) Pulmonary ventilation.
- 4) Fatigue.
- 5) Sensory nerve.
- 6) Carbohydrates.
- 7) Sunburn.
- 8) Wet spirometer.

VII. Answer any *one* of the following :

- 1) Explain the sliding filament theory of muscle contraction.
- 2) Explain the aerobic and anaerobic energy metabolism.

(5 × 3 = 15 marks)

(1 × 15 = 15 marks)