2022/MPEd/3rdSEM/MPCC303

M. P. Ed 3rd Semester Examination 2022

Health Education and Sports Nutrition

MPCC – 303

Full Marks – 70 Time – 3 Hours

***The figures in the margin indicates full Marks.***

***The candidates are required to give their answers in their own words as far as practicable.***

***Illustrate the answer wherever necessary.***

**1.** As a physical educational professional how do you explain good health? How the objectives of health education contribute to achieve the objectives of physical education? 7 + 8 = 15

**OR**

What is meant by occupational health hazards? Suggest how occupational health hazards can be minimized. Describe the role of physical educational professional to rehabilitate a person suffering from back pain due to bad sitting posture. 3 + 5 + 7 = 15

**2.** Define obesity. Describe the present scenario of obesity and diabetes among the student population in India. 3 + 6 + 6 = 15

**OR**

Explain in detail the present day problems of healthful school living and community environment in India. 7 + 8 = 15

**3.** How endurance performance is affected by habitual smoking? Explain how alcohol consumption disrupts community hygiene? 7 + 8 = 15

**OR**

Define lifestyle. Explain the guidelines to maintain positive lifestyle with special emphasis to reduce stress. 3 + 5 + 7 = 15

**4.** Define polysaccharide. Write down the role of animal polysaccharide during long term physical activity? What is meant by protein sparing. 3 + 7 + 5 = 15

**OR**

Describe metabolic primer. Illustrate the general scheme and interaction between dietary cholesterol and the lipoproteins. Explain the lipid balance in exercise. 2+8+5=15

**5.** Writes notes on any two. 5 X 2 = 10

 a) Mental Health

 b) Aging and Exercise

 c) Management of blood pressure

 d) Diet, Exercise and Weight Management.