

M. P. Ed 3<sup>rd</sup> Semester Examination 2021  
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.