

M.Phil.
OPTIONAL PAPER III (B)
PHYSIOLOGY OF EXERCISE

1. Role of Sports Medicine in the field of physical Education Sports.
2. Effect of Smoking, Drinking and Drugs on athletic performance, Dope testing
3. Prediction and performance by lab and field testing
4. Role, importance and construction of any National physical Fitness programme- a physiological approach.
5. Growth and Development :
 - 5.1 Individual rate of growth and development
 - 5.2 Role of heredity and environment on sports performance.
6. Instrumentation :
Various instrument/equipment used in the field of exercise
Physiology lab in Bio-chemical, Histological and other studies.
7. Sex difference and sports :

Exercise-Aging and Cardio vascular diseases.

Practical Sections :

Max marks – 20

Ergo-Graph, Spiro-graph, Muscle Tone-Testing, Similar Ten Practicals completed, exam. with any one practical & Viva-voce before panel of two one internal & one external.