



Abhinav Bindra Sports Medicine and Research Institute
MPT 1st Internal Examination February 2026

2nd Year

Date: 02. 02. 2026

Time: 09:00 AM-12:00 PM

Question Code- S1

Subject: Exercise Physiology

F.M.: 80 marks

Subject Code- 23MPT201

Long Questions- Answer Any 4 (4 X 15Marks)

1. Discuss about energy expenditure during sports?
2. Discuss in details about bioenergetics?
3. Discuss in details about exercise induced endocrine secretion?
4. Write a long note on carbohydrate?
5. Write in detail about the energy system of the human body?

Short Questions- Answer Any 5 (5 X 4Marks)

6. Protein Metabolism
7. Body fluid and exercise
8. Growth hormones
9. Pre-competition meal
10. ATP- PCR system
11. Body composition