

(6)

(xi) Milk is deficient with the vitamin

(a) A

(b) B

(c) C

(d) D

(xii) Which of the following minerals controls growth and body weight?

(a) Iodine

(b) Calcium

(c) Sodium

(d) Iron

★ ★ ★

Ex/PG/PHE/MPCC-303/2024

MASTER OF PHYSICAL EDUCATION EXAMINATION, 2024

(2nd Year, 3rd Semester)

PAPER : MPCC-303

(Health Education and Sports Nutrition)

Time : Three Hours

Full Marks : 70

GROUP—A

Answer *any three* questions :

15×3=45

1. Explain the general concept of Health. What are different dimensions of Health? Describe the spectrum of Health.

4+4+7

2. What is Health Education? What are different objectives of Health Education? What is 'triple aim' in population health service? What are the functions of public health?

2+4+4+5

3. What do you mean by hypokinetic disease? How do mental and emotional health play a role in your physical health and well-being?

3+6+6

(2)

4. Write the types, causes and symptoms of diabetes and cardiovascular diseases. Describe the health problems related to obesity. 9+6
5. Explain the nature and scope of sports nutrition. Discuss the role of diet and exercise in weight management among the growing ups. 8+7

GROUP—B

Write short notes on *any two* of the following : 7.5×2=15

6. Population health
7. Aging
8. Hypokinetic diseases
9. Maintenance of healthy lifestyle and nutrition

GROUP—C

10. Write the correct one from the given options (*any ten*) 1×10=10

- (i) Health is the
- (a) absence of disease
- (b) physical well-being
- (c) mental happiness
- (d) development of whole potentialities

(5)

- (viii) Which one of the following is not included as the determinants of health?
- (a) Physical
- (b) Mental
- (c) Social
- (d) Political
- (ix) One of the main influential factors of social health is
- (a) family
- (b) economic condition
- (c) transport
- (d) physical health
- (x) The priority (highest to lowest) of diet formation should be among the three markers- Body Mass Index (BMI), Waist-to-Hip ratio (WHR) and percentage Body Fat (%BF).
- (a) BMI, WHR and %BF
- (b) %BF, WHR and BMI
- (c) WHR, %BF and BMI
- (d) %BF, BMI and WHR

(3)

- (ii) The components of health programme are
- (a) health service
 - (b) health instruction
 - (c) health supervision
 - (d) All of the above
- (iii) The organization which is not engaged in health development is
- (a) Indian Olympic Association
 - (b) World Health Organization
 - (c) UNICEF
 - (d) St. Johns
- (iv) Which one is not included in spectrum of health?
- (a) Death
 - (b) Weakness
 - (c) Moderate health
 - (d) Positive health

(4)

- (v) Cleanliness, physical exercise, rest and sleep are a part of
- (a) hygiene
 - (b) social hygiene
 - (c) personal hygiene
 - (d) None of the above
- (vi) Which of the following is the objective of health education?
- (a) Awareness, interest, adoption
 - (b) Information, motivation, guiding into action
 - (c) Interest, participation and reinforcement
 - (d) Evaluation, motivation and implementation
- (vii) Disease of the heart, joints and nervous system are called
- (a) degenerative diseases
 - (b) communicable diseases
 - (c) deficiency diseases
 - (d) mental diseases