

(6)

(XI) HIIT stands for

- (A) High Intense Intensity Training
- (B) High Intensity Interval Training
- (C) Highly Interval Intensive Training
- (D) Highly Intensive Interval Training

(XII) Stretching may be performed

- (A) before exercise
- (B) after exercise
- (C) Both (A) and (B)
- (D) All of the above

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Ex/PG/PHE/MPEC-302/2024

MASTER OF PHYSICAL EDUCATION EXAMINATION, 2024

(2nd Year, 3rd Semester)

PAPER : MPEC-302

[Physical Fitness and Wellness (Elective)]

Time : Three Hours

Full Marks : 70

GROUP—A

Answer *any three* questions

15×3=45

1. What do you mean by physical fitness and wellness? Precisely explain the different dimensions of wellness. Make a brief discussion on current trends and techniques in fitness. 3+6+6=15
2. What is VO₂ max? What is Cardiorespiratory endurance? Assess cardiorespiratory fitness with the help of one standard test with proper description of the test. 3+4+8=15
3. What do you mean by Food Guide Pyramid? Enlist fifteen dietary guidelines. State the Weight Management protocol and mention how to maintain proper weight. 3+4+3+5
4. What is relaxation? Briefly explain the PMR and breathing techniques for relaxation. Explain the techniques of core training for five different core muscles. 2+8+5=15

(2)

5. What is flexibility and stretching exercise? Briefly explain the benefits and safety techniques of stretching. Make a list of twelve important stretching exercises for your different body parts with stick figure. 4+5+6=15

GROUP—B

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

6. Performance related fitness components
7. Physical activity and lifelong wellness
8. Eating disorders and proper hydration
9. Resistance training for muscular strength and endurance

GROUP—C

10. Write the correct one from the following options : 1×10=10

- (I) Chemical that creates a sense of wellbeing and reduces feeling of stress is
- (A) creatinine
 - (B) endorphin
 - (C) butane
 - (D) None of the above

(5)

- (VIII) How would you minimize the risks associated with a fitness centre when exercising?

- (A) Eat plenty of carbohydrates
- (B) Check that all equipments are working properly
- (C) Always try hard in all exercises
- (D) Record fitness progress in your training diary

- (IX) PNF uses which of the following?

- (A) Isometric contraction phase
- (B) Relaxation phase
- (C) Static stretch phase
- (D) All of the above

- (X) FIIT stands for

- (A) Fast Intensive Typical Tough
- (B) Frequency Intensity Time Type
- (C) Frequency Intensity Type Time
- (D) Frequency Interval Time Type

(3)

- (II) Weight training method was started by German gymnastic coach in the year
- (A) 1820
 - (B) 1812
 - (C) 1810
 - (D) 1816
- (III) Increase in muscle mass due to heavy weight training is called
- (A) muscular hypotrophy
 - (B) muscular hypertrophy
 - (C) muscular atrophy
 - (D) haematoma
- (IV) With resistance training, a load of 85% with 4 reps and 10 sets will build
- (A) strength
 - (B) power
 - (C) muscular endurance
 - (D) agility

(4)

- (V) As a result of strength training, the change in muscle tissue **least** likely to occur is
- (A) increased number of myosin filaments
 - (B) increased number of myofibrils
 - (C) increased size (diameter) of myofibrils
 - (D) increased size (diameter) of myosin filaments
- (VI) For sedentary individuals, Basal Metabolic Rate (BMR) accounts for approximately what percentage of total energy expenditure?
- (A) 20-30%
 - (B) 40-50%
 - (C) 60-70%
 - (D) 80-90%
- (VII) When stretching, you should hold a stretch
- (A) for 1-2 minutes
 - (B) for 10-30 seconds
 - (C) as long as possible to build strength
 - (D) until you begin to experience slight pain