

MASTER OF PHYSICAL EDUCATION EXAMINATION, 2019

(2nd Year, 3rd Semester)

HEALTH EDUCATION AND SPORTS NUTRITION

PAPER - PG/MPCC - 303

Time : Three hours

Full Marks : 70

Group: A (answer any three questions)

3x15

1. According to WHO define health? What are the objectives of health education? Discuss the population health and social health. 2+3+10=15
2. What do you mean Degenerated Disease? What changes occur in the body as we age? Mention some useful suggestions for extending life. What are the most common diseases and conditions seniors face as they age? 3+5+4+3=15
3. What do you mean arthritis and spondylitis? What are the different types of arthritis and spondylitis ? How arthritis and spondylitis will be treated? 4+4+7=15
4. Discuss briefly the effect of alcohol and tobacco on health. Mention the Components of lifestyle management. Explain how will you cope with the stress? 6+3+6=15
5. What do you mean sports nutrition, macro and micro-nutrients? Discuss the role of Macro and micro-nutrients in Exercise. 6+9=15
6. What do you mean BMI. Mention the different categories of BMI. Discuss role of diet and exercise in weight management. 2+3+10=15

Group-B (Write notes on any two from the following)

7.5 x 2 = 15

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|-----------------------------|--------------------------|-------------------------|
| a) Mental health | b) Occupational Health | c) Hypokinetic Diseases |
| d) Cardio-vascular Diseases | e) Community Environment | f) Diabetes |

Group: C – MCQ – (answer any ten questions)

1 x 10 = 10

1. WHO was founded in?
a) 1948 b) 1958 c) 1954 d) 1968
2. Many people in rural areas do not avail the existing community health services because of -----
a) Ignorance b) Indifference c) Both a & b d) None of these
3. Which one of the following pairs shows two good examples of characteristics of a balanced, healthy lifestyle?
a) Non- smoking and non- active b) Nutritional diet and regular water drinking

[Turn over

- c) Non- alcohol and low protein diet
d) Physically active and smoking only a limited number of cigarettes.
4. Condition in which excess amount of fat is accumulated in one's body causing negative effects is called: a) Obesity b) Heart failure c) Brain hemorrhage d) Diabetes
5. An example of good _____ is volunteering to do things for your community:
a) Social health b) Mental health c) Emotional health d) Physical health
6. A diet high in saturated fats can be linked to which of the following?
a) Kidney failure b) Bulimia c) Anorexia d) Cardiovascular disease
7. About half of your diet should be made up of _____.
a) Grains and vegetables b) Fruits and milk c) Milk and cheese d) Fats and sugars
8. Which one of the following is an example of a food high in carbohydrates?
a) Fish b) Bananas c) Meat d) Eggs
9. Citrus fruits are an excellent source of _____:
a) Calcium b) Vitamin C c) Vitamin B d) Calories
10. Which one among the following is a communicable disease?
a) Rickets b) Amoebiasis c) Diabetes d) Cancer
11. Excessive bleeding from an injury is due to deficiency of:
a) Vitamin A b) Vitamin B c) Vitamin K d) Vitamin E
12. The recommended amount of exercise for a healthy young person (5-18 yrs old) is approximately:
a) One hour per week b) 30 minutes, 5 to 7 days a week
c) One hour, 5 to 7 days a week d) 30 minutes, 1 day a week