

MASTER OF PHYSICAL EDUCATION EXAMINATION, 2019

(2nd Year, 3rd Semester)

PHYSICAL FITNESS AND WELLNESS

PAPER - PG/MPEC - 302

Time : Three hours

Full Marks : 70

A. Answer any three questions:

1. What do you mean by fitness and physical fitness? Explain the present concept of fitness training and conditioning. "Physical activity and lifelong wellness"-explain.

4+6+5=15

2. What do you mean by healthy diet? Explain micronutrients and macronutrients with example? Write down the role of basic nutrients in maintaining health and fitness.

2+ 6+7=15

3. What is cardiorespiratory endurance? What are the various training methods for improving cardiorespiratory endurance? How will you calculate your training heart rate zones?

2+9+4=15

4. Write down the principles of resistance training. Explain about the basic resistance exercises.

6+9=15

5. What are the various types of flexibility? Write down determining factors of flexibility. Make a list of ten important stretching exercises for your different body parts with stick figure.

2+3+10=15

B. Write short notes on any two:

7.5 X 2 =15

- Leisure time and physical activity
- Nutrition and weight management
- Advance techniques of weight training
- Core muscles and core training

[Turn over

C. Answer any ten Questions (put a tick against your answer):**1 X 10 =10**

- i) The concept of wellness includes
- (A) Angina
 - (B) Skill related fitness
 - (C) Intellectual Health
 - (D) None of the above
- ii) Flexibility is best described as the:
- (A) Ability to exert force
 - (B) Ability to work the muscle over a period of time.
 - (C) Range of movement possible at various joints.
 - (D) Time it takes to get moving once you see the need to move.
- iii) Why is warming up before exercise important?
- (A) It decreases the removal of lactic acid
 - (B) It slows adrenaline release
 - (C) It improves flexibility
 - (D) It improves heart rate
- iv) Nutritional anemia means
- (A) Tiredness
 - (B) Swollen joints
 - (C) Tooth decay
 - (D) Bone deformation
- v) The richest source of protein is
- (A) Pulses
 - (B) Groundnut
 - (C) Soya bean
 - (D) Egg

- vi) Which one of the following is a long term effect of a healthy, active lifestyle
- (A) Heart rate increases
 - (B) Muscle increase in temperature
 - (C) Blood flow is slower
 - (D) Stroke volume increases
- vii) Which of these is NOT considered a nutrient?
- (A) Vitamins
 - (B) Minerals
 - (C) Fiber
 - (D) Fats
- viii) When stretching before or after a workout, a stretch should be held for at least
- (A) 1 minute
 - (B) 15-30 seconds
 - (C) 5 seconds
 - (D) 5-10 seconds
- ix) Which of the following is not considered a diagnostic feature of Anorexia Nervosa
- (A) Depressive symptoms
 - (B) Significant Weight Loss
 - (C) Fear of becoming fat
 - (D) Body Image Distortion
- x) Flexibility is influenced by which of the following factors?
- (A) Size
 - (B) Shape
 - (C) Weight
 - (D) None of the above

[Turn over

xi) PNF ((Proprioceptive Neuromuscular Facilitation)) uses which of the following?

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

xii) 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
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