

**MASTER OF PHYSICAL EDUCATION EXAMINATION, 2018**

( 2nd Year, 3rd Semester )

**HEALTH EDUCATION AND SPORTS NUTRITION**

**PAPER - PG/MPCC - 303**

Time : Three hours

Full Marks : 70

A. Answer any three

15x3=45

1. Describe the spectrum of health. What are the different determinants of health? 7+8
2. Define 'health education'. What are the objectives of health education? Describe the principles of health education. 4+5+6
3. What is Hypokinetic disease? Broadly describe obesity and Diabetis. 5+5+5
4. What do you understand by the term 'Hygiene'? Explain the types of Hygiene. 5+10
5. Define glycolysis and glycogenolysis. Why carbohydrate is the more preferred source of energy compared to fat? What are the five food groups and the main nutrients provided by them? 2+3+10

B. Write short notes on (any two):

7.5x2

- i. Occupational health
- ii. Blood pressure and its management
- iii. Treatment of hypertension.
- iv. FAS
- v. Role of fat in sports nutrition

C. Put tick on (any ten)

10x01

- i. Which one is not included in spectrum of health?  
a. Death, b. weakness, c. moderate health, d. positive health
- ii. Which one of the following is not included as the determinants of health  
a. Physical, b. mental, c. Social, d. Political
- iii. One of the main influential factors of Social health is  
a. Family, b. economic condition, c. transport, d. physical health

- iv. Aging is a
- Hypokinetic disease, b. Degenerative disease, c. Regenerative disease, d. Hyperkinetic disease
- v. The word 'Hygiene' comes from
- Athens, b. Greece, c. Egypt, d. India
- vi. The Headquarter of WHO is situated in
- Brazil, b. Geneva, c. Russia, d. China
- vii. AIPD is caused due to the effect of alcohol on
- Hormones, b. Enzymes, c. Neurotransmitters, d. Blood
- viii. Wernicke's encephalopathy occurs in alcoholics due to deficiency of which vitamin?
- Riboflavin, b. Thiamine, c. Niacin, d. Cobalamin
- ix. A person is said to be suffering from hypertension if the systolic pressure is
- <139, b. >139, c. >140, d. none
- x. Which one of this is a high fiber food?
- Boiled egg, b. Salad, c. Fruit juice, d. all
- xi. COPD is associated with
- Sedentary lifestyle
  - Alcohol abuse
  - Smoking
  - hyperactive
- xii. Which is a chief constituent of cigarette smoke
- Tar
  - Methanol
  - Formaldehyde
  - None