

Department of Physical Education
Bachelor of Physical Education Examination - 2022

1st Year, 2nd Semester

EC - 201

Sub.: Contemporary Issues in Physical Education, Fitness and Wellness

Time: Three Hours

Full Marks: 70

Mention the Question number clearly before writing the answer

GROUP: - A

Answer **any three** questions:

15 × 3 = 45

Q1. Write the meaning of Fitness. Elaborate and explain the components of physical fitness in detail. 3+12=15

Q2. Explain the concept of wellness. Describe the dimensions of wellness. 3+12=15

Q3. Write about the modern approach of technology in sports. Explain any two lifestyle diseases. 7+8=15

Q4. Differentiate aerobic and anaerobic exercise with examples. Elaborate weight management through physical activity and different types of exercise. 5+10=15

Q5. Give the concept of sports and health drinks. Mention their benefits and ill effects on health. Elucidate the uses and importance of water for athletes and sports persons. 3+7+5 =15

GROUP: - B

Write short notes on **any two** of the following:

7.5 × 2 = 15

6) Fitness training programme

7) Types of Fitness

8) Sprain and Strain

9) Safety Education

[Turn over

GROUP: - C

Write the correct option (any ten):

1 × 10 = 10

i) When muscle, tendon or ligament experience trauma it is ainjury.

- a) Hard Tissue
- b) Soft Tissue
- c) Bone
- d) Chronic

ii) Match the following with the correct combination:

- | | | |
|------|-----------------|-------------|
| I. | CVD | a. body fat |
| II. | Obesity | b. bone |
| III. | Pulmonary Edema | c. heart |
| IV. | Fracture | d. lungs |

- | | |
|---------------------------|---------------------------|
| a) I-c, II-a, III-b, IV-d | b) I-b, II-a, III-d, IV-c |
| c) I-c II-a, III-d, IV-b | d) I-b, II-c, III-a, IV-d |

iii)is a health-related fitness component

- | | |
|------------|---------------------|
| a) Speed | b) Body Composition |
| d) Agility | d) Balance |

iv) Bisphenol-A (BPA) is present in.....

- | | |
|------------------|-------------------|
| a) water | b) milk |
| b) natural juice | d) protein shakes |

v) Overload in training without rest causesinjury

- | | |
|--------------|---------------|
| a) abrasion | b) concussion |
| c) contusion | d) overuse |

vi)..... is not an emotional wellness activity

- | | |
|------------------------|-------------------------------|
| a) Jealousy and Anger | b) Happiness and Joy |
| c) Yoga and Meditation | d) Stay positive and balanced |

vii)is a weight bearing exercise

- | | |
|----------------------|--------------|
| a) Treadmill running | b) Sprinting |
| c) Planks | d) Lunges |

viii) Aerobic exercise improves thesystem

- a) muscular b) cardiovascular
- b) skeletal d) reproductive

ix)is not a cause of obesity.

- a) Lack of physical exercise b) Stress and Tension
- c) Eating unhealthy food d) Maintaining emotional wellness

x) HIIT is.....

- a) High Intensity Induction Training b) High Intensity Interval Training
- c) Heavy Intensity Induced Training d) High Interval Intensity Training

xi)is a non-communicable disease

- a) Cancer b) COVID-19
- b) Chicken Pox d) Hepatitis-B

xii)is an example of virtual classroom

- a) Power point presentation b) Google Meet
- b) Pen Drive d) You Tube Streaming