

**MASTER OF PHYSICAL EDUCATION EXAMINATION, 2023**

( 2nd Year, 3rd Semester )

**HEALTH EDUCATION AND SPORTS NUTRITION**

**PAPER - MPCC - 303**

Time : Three hours

Full Marks : 70

*Mention the Question number clearly before writing the answer.*

**Group - A**

Answer *any three* questions:

15×3=45

1. What is meant by 'Health' ? Define 'Health Education'. Explain the spectrum of Health. What are the different principles of Health Education? 2+3+6+4=15
2. What is meant by hypokinetic disease ? Describe different measures have to be taken to manage Diabetes. What are the different types of Cardio vascular disease ? Discuss any one providing its prevention as special emphasis ? 2+5+2+6=15
3. Explain degenerated diseases. How you can manage. Arthritis and Spondylosis ? Enumerate the problems of healthy school environment ? Discuss the managing procedures of school environment problems. 2+3+3+4+3=15
4. Define sport nutrition ? Explain the role of macro and micro nutrients in sport performance. 3+6+6=15
5. What is meant by BMI ? How health and sport performance are evaluated according to the pattern of BMI ? 3+6+6=15

**Group - B**

Write short notes on the following (*any two*) :

7½×2=15

6. Mental Health
7. Community environment
8. Nutrition and health life-style
9. Balance diet

**Group - C**

10. Put tick ( ) against the right answer (*any ten*) :

1×10=10

- i) The components of school health programme are :
  - (a) Health service
  - (b) Health instruction
  - (c) Health supervision
  - (d) all of the above.
- ii) The organization which is not engaged in health development programme :
  - (a) Indian Olympic Association
  - (b) World health organization
  - (c) UNICEF,
  - (d) St. Johns.

[ Turn over

- iii) Which one is not included in spectrum of health ?
- (a) Death (b) Weakness  
(c) Moderate health (d) Positive health
- iv) Which one of the following is not included as the determinants of health ?
- (a) Physical (b) Mental  
(c) Social (d) Political
- v) One of the main influential factors of Social health is :
- (a) Family (b) Economic condition  
(c) Transport (d) Physical health
- vi) The objectives of health education is included :
- (a) Academic career (b) Provide information about health  
(c) Employment generation (d) Treatment
- vii) Which one of the following is the BMI score that indicates onset of obesity ?
- (a) 15 (b) 20  
(c) 25 (d) 30
- viii) Which one of the following is an example of health screening ?
- (a) Measuring endurance (b) Measuring strength  
(c) Measuring speed (d) Measuring blood
- ix) Across age of a human population, the most important measure among the following is :
- (a) BMI (b) Body Fat Percentage (%BF)  
(c) Weight (d) Height
- x) The outcome of health life-style is :
- (a) Salutogenesis (b) Non-infirmity  
(c) Well-being (d) All round development
- xi) The key principle of exercise for weight management is :
- (a) Maintain body weight for the height by reducing the extra body weight  
(b) Maintain the desired body fat percentage (%BF) according to age and sex  
(c) Maintain the effective components' weight of a person with age and sex  
(d) Maintain the lean body mass with the consideration of body type, age and sex
- xii) Personal hygiene does not consider
- (a) National health (b) Proper diet  
(c) Disease prevention (d) Personal care