

MASTER OF PHYSICAL EDUCATION EXAMINATION, 2023

(2nd Year, 3rd Semester)

PHYSICAL FITNESS AND WELLNESS (ELECTIVE)

PAPER - MPEC - 302

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 physical fitness and wellness? Explain the performance related physical fitness components in details. Make a brief discussion on Post-Covid trends and techniques in fitness. 4+5+6=15
2. Explain the role of nutrition on maintaining good health. Describe the trends and practices for maintaining, losing and gaining body weight. 6+9=15
3. What is the modern concept of weight training? What are the core principles of weight training? Briefly explain the recent advancement in the techniques of weight training. 3+4+8=15
4. What is relaxation? Explain different techniques of relaxation? Describe the techniques of PMR in details. 3+4+8=15
5. What are core muscles? Make a list of core muscles with figure. Prepare a core training program with load. 2+5+8=15

Group - B

Write short notes on **any two** :

7½×2=15

6. Physiological principles involved in human movement
7. Assessment of cardio respiratory fitness
8. Flexibility
9. Breathing Exercises

Group - C

10. Answer (**any ten**) questions (put a tick against your answer) :

1×10=10

- i) The body movement by the contraction of skeletal muscles with the expenditure of energy is called
 - (a) Physical Activity
 - (b) Exercise
 - (c) Fitness
 - (d) Strength
- ii) Regular physical activity has all of the following effects on bone health except
 - (a) Reduce the risk of osteoporosis
 - (b) Reduce the bone mass
 - (c) Reduce the bone density
 - (d) Improve the resistance to fracture

[Turn over

- iii) FITT refers to
- (a) Fast, Intensive, Type, Training
 - (b) Free, Isotonic, Type, Training
 - (c) Frequency, Intensity, Type, Time
 - (d) Frequency, Intensity, Time, Type
- iv) Muscular Strength best be developed by
- (a) Increasing the time between two sets
 - (b) Increasing number of repetitions
 - (c) Increasing Resistance
 - (d) Increasing movement speed
- v) What is the minimum of physical activity needed each day to provide substantial health benefits ?
- (a) 20 minutes
 - (b) 30 minutes
 - (c) 40 minutes
 - (d) 45 minutes
- vi) Which of the following groups is rich in Iron
- (a) Amla, Cabbage, Tomato
 - (b) Amla, Spinach, Jaggery
 - (c) Jaggery, Amla, Tomato
 - (d) All of the above
- vii) When stretching, you should hold a stretch for
- (a) 45-60 seconds
 - (b) 10-30 seconds
 - (c) As long as possible to build strength
 - (d) Until you begin to experience slight pain
- viii) Exercising at 70% to 90% of your maximum heart rate means that you are working at your
- (a) THR
 - (b) RHR
 - (c) HRR
 - (d) LHT
- ix) Nine hours sleep every night is an example of
- (a) Good emotional health
 - (b) Good physical health
 - (c) Lifestyle
 - (d) Good mental health
- x) Which of the following stretching is most likely to improve isometric strength?
- (a) PNF
 - (b) Static
 - (c) Ballistic
 - (d) Dynamic
- xi) Flexibility is more dependent on
- (a) Joint Capsule
 - (b) Ligaments
 - (c) Cartilage
 - (d) Soft tissue such as muscles, tendons and skin
- xii) Which nutrient can improve joint health?
- (a) Whey protein
 - (b) Vitamin E
 - (c) Ginseng
 - (d) Glucosamine