

18BP45

(Pages: 2)

Name:

Reg. No:

FOURTH YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATIONS, APRIL 2022

(Regular/Supplementary/Improvement)

CC15U BPE4 T21 – HEALTH AND FITNESS MANAGEMENT

(2015 Admission onwards)

Time: Three Hours

Maximum: 75 Marks

I. Answer any *one* of the following:

1. Explain the determinants of Health in detail.

Or

2. Explain about the principals and factors to be followed in designing exercise programme.

(1 × 15 = 15 Marks)

II. Write short Notes on:

3. Aerobic fitness

4. Layout of 12 station Gymnasium in your institution

5. Explain the dimensions of fitness

(3 × 5 = 15 Marks)

III. Explain the Following:

6. Prescribe a fitness programme for 60-year-old person

7. Difference between anatomical, physiological and psychological fitness

8. Explain the various energy sources for work

(3 × 5 = 15 Marks)

IV. Fill in the blanks

9. One gram of carbohydrates contains -----calorie of energy

10. Night blindness is caused by the deficiency of -----

11. ----- are micronutrients

12. Maximum heart rate for training can be calculated by using -----formula

13. Skin fold caliber is used to measure -----

(5 × 1 = 5 Marks)

V. State whether true or false:

14. Goniometer is a device used to measure flexibility.

15. Sunlight is a rich source of vitamin K.

16. Exercise with movements is an example for isometric contraction.

17. Unit of work is Newton meter.

18. In each stroke, heart pumps an average of 70ml of blood.

(5 × 1 = 5 Marks)

VI. Write answer in one word:

19. What is normal sugar level of blood?
20. What is the normal respiratory rate of a healthy adult?
21. Name the device used to measure vital capacity.
22. Write any three body building food.
23. What is the main reason for hypokinetic diseases?
24. What problems occur due to the lack of fluid during exercise?
25. What is proximate principle?
26. What are the reasons for osteoporosis?
27. What is passive warming up?
28. What is auction?

(10 × 1 = 10 Marks)

VII. Match the Following:

- | | | |
|----------------------------|---|-------------------------|
| 29. Fartlek | - | a. Height |
| 30. Stadiometer | - | b. Endurance |
| 31. Health related fitness | - | c. Coagulation of blood |
| 32. Hypotension | - | d. Low BP |
| 33. Vitamin K | - | e. Body composition |
| 34. Ossification | - | f. High sugar |
| 35. Type II diabetics | - | g. Bone development |
| 36. Dynamometer | - | h. Citrus fruits |
| 37. Shavasan | - | i. Relaxation |
| 38. Vitamin C | - | j. Strength |

(10 × 1 = 10 Marks)
