

20BP45

(Pages: 2)

Name:

Reg. No:

FOURTH YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATION, APRIL 2024

(Regular/Supplementary/Improvement)

CC15U BPE4 T21 / CC19U BPE4 T21 – HEALTH AND FITNESS MANAGEMENT

(2015 Admissions onwards)

Time: Three Hours

Maximum: 75 Marks

I. Answer any *one* of the Following:

1. Define Hypo Kinetic Diseases. Briefly explain any four Lifestyle Diseases.

Or

2. What are the types of vitamins? Describe their sources and functions in details.

(1 × 15 = 15 Marks)

II. Write Short Notes:

3. Define Physical Education.

4. Define physical fitness.

5. What are the benefits of weight training?

(3 × 5 = 15 Marks)

III. Explain the Following:

6. Differentiate between Physical Fitness and Wellness.

7. Sociological Fitness.

8. What are vitamins? Name the type of vitamin.

(3 × 5 = 15 Marks)

IV. Fill in the Blanks:

9. _____ for essential growth and repair of muscles and other body tissues

10. _____ is a nutrient with an energy content of 9 Kcal/g.

11. _____ are the main source of energy in all physical activities they provide energy to the body and are not stored in the body for long

12. _____ is the beat caused by the pumping action of the heart.

13. _____ a person with normal blood pressure

(5 × 1 = 5 Marks)

V. State whether True or False:

14. Iron: it is the important for the formation of Haemoglobin.

15. Bhujangasana is improves abdominal shaping kyphosis, obesity.

16. Circuit training is good to develop flexibility.

17. Good posture provides good impression of his well being.

18. Diabetes is a disease condition caused due to the malfunctioning of the heart.

(5 × 1 = 5 Marks)

VI. Write the answer in one word:

19. Define Health.

20. Define safe heart rate.

21. What are the nutrients in the food?

22. What are the important aspects of recreational activities?

23. What do you mean by aerobic activities?

24. What is the full form of CVD?

25. Briefly explain the components of wellness.

26. What is the normal blood pressure of an adult?

27. What are the sources of carbohydrates?

28. What is the Body Mass Index scale reading of an 'Obese' person?

(10 × 1 = 10 Marks)

VII. Match the Following:

- | | | |
|---|---|------------------------------------|
| 29. <u>Energy</u> -providing food | - | a. Quickly to a signal |
| 30. <u>Cooper 12 Minute Run & Walk Test</u> | - | b. Physical fitness |
| 31. <u>Body composition</u> | - | c. <u>Carbohydrates</u> |
| 32. Flat foot | - | d. Skinfold caliper |
| 33. <u>Hypertension</u> | - | e. Improves body flexibility |
| 34. <u>Reaction time</u> | - | f. Walking on sand |
| 35. Elimination tournament | - | g. knock out |
| 36. Kyphosis | - | h. <u>Cardio</u> -vascular fitness |
| 37. Regular exercise | - | i. Round shoulder |
| 38. Hal asana | - | j. <u>High BP</u> |

(10 × 1 = 10 Marks)
