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Name:.....

Reg. No.....

FOURTH YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATION – APRIL 2019

CC15U BPE4 T21 – HEALTH AND FITNESS MANAGEMENT

(2015 Admissions Regular)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the Following :

1. Define Lifestyle Diseases. Discuss in detail any four Lifestyle Diseases.

Or

2. What is Balanced Diet? Explain in detail about various Food factors.

(1 x 15 = 15 Marks)

II. Write Short Notes :

1. Occupational Health.

2. Relaxation Techniques.

3. Anaerobic Fitness.

(3 x 5 = 15 Marks)

III. Explain the Following :

1. Differentiate between Physical Fitness and Wellness.

2. Sociological Fitness.

3. Prescribe exercises for women during their Pre- and Post-Natal periods.

(3 x 5 = 15 Marks)

IV. Fill in the Blanks :

1. 'Rickets' is a deficiency disease caused due to the deficiency of _____.

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

3. _____ is a triangular diagram representing the optimal number of servings to be eaten each day from each of the basic food groups.

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

5. _____ is a device used to measure blood pressure.

(5 x 1 = 5 Marks)

V. State whether True or False :

1. By definition, aerobic exercise means exercise 'with oxygen'.

2. Vitamin C is also known as Ascorbic acid.

3. Circuit training is good to develop flexibility.

4. The calorie is the unit of strength.

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

(5 x 1 = 5 Marks)

VI. Write the answer in one word :

1. What is the normal blood pressure of an adult?
2. Which is the body building nutrient?
3. Name the equipment used to measure the strength of the hand and forearm muscles.
4. 'Night blindness' is a disease condition caused due to the deficiency of which Vitamin?
5. Name of the medical condition in which excess body fat has accumulated to such an extent that it may have a negative effect on health?
6. What is the full form of CVD?
7. The condition caused by severe Protein malnutrition is called _____.
8. A disease which is the most common reason for broken bones among the elderly.
9. The indigestible materials in food that promote elimination of waste from the large intestine.
10. What is the Body Mass Index scale reading of an 'Obese' person?

(10 x 1 = 10 Marks)

VII. Match the Following :

- | | |
|-------------------------------------|----------------------------|
| 1. Energy-providing food | a. Vitamin C |
| 2. Cooper 12 Minute Run & Walk Test | b. Thyroid Regulation |
| 3. Body composition | c. Carbohydrates |
| 4. Dumbbells | d. Fat soluble |
| 5. Hypertension | e. Water soluble |
| 6. Citrus fruits | f. Calcium |
| 7. Iodine | g. Strength |
| 8. Osteoporosis | h. Cardio-vascular fitness |
| 9. Vitamin E | i. Skinfold caliper |
| 10. Vitamin C | j. High BP |

(10 x 1 = 10 Marks)
