

21BP45

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Name:

Reg. No:

FOURTH YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATIONS, APRIL 2025

(Regular/Supplementary/Improvement)

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

(2015 Admission onwards)

Time: Three Hours

Maximum: 75 Marks

I. Answer any **one** of the Following:

1. Discuss the procurement of equipment for a fitness center. What are the essential types of equipment needed for strength training, cardio, and recovery?

Or

2. Explain the key factors influencing a healthy lifestyle. Provide examples.

(1 × 15 = 15 Marks)

II. Write Short Notes:

3. Caloric value of food.
4. Psychological Fitness.
5. Macro and Micro Nutrients.

(3 × 5 = 15 Marks)

III. Explain the Following:

6. Explain the components of Physical Fitness.
7. Discuss the importance of a balanced diet in promoting overall health and well-being.
8. Compare aerobic and anaerobic training methods for developing fitness components.

(3 × 5 = 15 Marks)

IV. Fill in the Blanks:

9. Caloric values of food represent the amount of _____ provided by a specific food item.
10. Principles of designing exercise programs include specificity, overload, progression, and _____
11. The _____ provides a visual representation of recommended nutrient intake for different food groups.
12. A _____ includes a variety of foods that provide essential nutrients in appropriate proportions.
13. _____ is an equipment used for measuring human height.

(5 × 1 = 5 Marks)

V. State whether True or False:

14. Functional training emphasizes movements that mimic everyday activities and improve overall functionality.

15. Sports drinks are recommended for daily hydration due to their high sugar content.
16. Anatomical fitness focuses on the body's structural and mechanical characteristics.
17. Senior citizens benefit most from exercise programs that prioritize strength training over cardiovascular exercise.
18. Energy is the capacity to do work and is measured in units of joules (J).

(5 × 1 = 5 Marks)

VI. Write the answer in one word:

19. The Vitamin synthesized using sunlight.
20. The term for the accumulation of excess body fat that negatively affects health.
21. What are vitamins and minerals collectively called?
22. Which nutrient is primarily responsible for muscle repair and growth?
23. Ability to change direction quickly and effectively is referred as
24. BMI stands for.
25. Which mineral deficiency causes goiter?
26. The instrument used to measure blood pressure is called.
27. The micronutrient which plays a vital role in blood coagulation.
28. ROM otherwise called flexibility stands for?

(10 × 1 = 10 Marks)

VII. Match the Following:

- | | |
|---|-----------------------------------|
| 29. Differently abled | a. High density lipoprotein (HDL) |
| 30. Sports drinks and other fluid intake | b. Muscle Atrophy |
| 31. The increase in size of muscle cells,
leading to overall muscle growth | c. Low density lipoprotein (LDL) |
| 32. The decrease in muscle mass and strength | d. Hydration |
| 33. Condition that occurs when body loses
more fluid than it takes in | e. Eccentric contraction |
| 34. Good Cholesterol | f. Adapted Physical Education |
| 35. Bad Cholesterol | g. Acclimatization. |
| 36. Muscle shortens in length as it generates
Force | h. Concentric contraction. |
| 37. Muscle lengthens while generating force | i. Dehydration |
| 38. Process by which an individual adjusts to
a new environment | j. Muscle Hypertrophy |

(10 × 1 = 10 Marks)
