

25MP23

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Name :

Reg. No :

SECOND SEMESTER M.P.E.S. DEGREE EXAMINATION, APRIL 2026

CC25PEMIIC1907 – HEALTH AND FITNESS EDUCATION

(2025 Admission – Regular)

Time: 3.00 Hours

Maximum: 75 Marks

Credit : 4

Part A

Answer any **three** questions. Each question carries 15 marks.

1. Apply the interrelationship between physical, mental, and spiritual dimensions of health to develop a daily self-assessment tool for young adults. Explain how each dimension influences the others.
2. Critically analyze the barriers Indian youth face in adopting healthy lifestyles and evaluate strategies to overcome them.
3. Apply the components of physical fitness (cardiorespiratory endurance, muscular strength, etc.) to assess and interpret the fitness profile of a 20-year-old athlete.
4. Analyze the changing role and dosage of physical activity across different stages of the human life cycle (infancy to old age).
5. Evaluate nutritional and training strategies to combat metabolic fatigue in high-performance sports.
6. Design an innovative digital marketing strategy for promoting a new health and fitness centre in a competitive urban market.

(3 × 15 = 45 Marks)

Part B

Answer any **four** questions. Each question carries 5 marks.

7. Apply the concept of lifestyle modification to suggest three practical changes a sedentary office employee can adopt.
8. Create a simple weekly plan using interval training to improve muscular endurance.
9. Differentiate between chronological age and physiological age and explain the role of exercise in the latter.
10. Create nutritional strategies to delay the onset of metabolic fatigue in endurance runners.
11. Calculate and justify the approximate daily caloric requirement for a 30-year-old moderately active Indian woman.

12. Compare the organizational structure of a university fitness centre with a private commercial gym.

(4 × 5 = 20 Marks)

Part C (Short notes)

Answer any **five** questions. Each question carries 2 marks.

13. Explain the meaning of “holistic health” in one sentence.
14. Define healthy lifestyle.
15. Define physical fitness.
16. Define physiological age.
17. Define ATP.
18. Define therapeutic diet.
19. State two methods of marketing a fitness centre.
20. Explain the importance of regular equipment maintenance.

(5 × 2 = 10 Marks)
