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Name:

Reg. No:

FOURTH YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATIONS, APRIL 2021

(Regular/Supplementary/Improvement)

BPE4 T21 – HEALTH AND FITNESS MANAGEMENT

(2015 Admission onwards)

Time: Three Hours

Maximum: 75 Marks

I. Answer any *one* of the following:

1. Define Fitness. Discuss in detail the types and components of fitness.

Or

2. Define Nutrition and Balanced Diet? Explain in detail about various food factors.

(1 × 15 = 15 Marks)

II. Write short notes:

1. Aerobic Fitness.

2. Occupational Health.

3. Calorie Expenditure.

(3 × 5 = 15 Marks)

III. Explain the following:

1. Micronutrients.

2. Psychological Fitness.

3. Methods of develop fitness components.

(3 × 5 = 15 Marks)

IV. Fill in the blanks:

1. is a device used to measure Blood Pressure?

2. is a triangular diagram representing the optimal number of serving to be eaten each day from each of the basic food groups?

3. Rickets is a deficiency disease caused due to the deficiency of

4. is defined as the ability to move the body parts in minimum possible time.

5. 1 gram of protein will provide energy to our body.

(5 × 1 = 5 Marks)

V. State whether true or false:

1. Heart rate is the number of times the heart beat in a minute.

2. Calorie is the unit of Strength.

3. Obesity is disease condition caused due to the malfunctioning of the heart.

4. Micronutrient is a chemical element or substance required in trace amount for the normal growth and development of living organisms.

5. The ability to move the body parts quickly in different direction is known as agility.

(5 × 1 = 5 Marks)

VI. Write the answer in one word:

1. What is BMI?
2. What is the normal Blood Pressure of an adult?
3. A disease which is the most common reason for broken bones among elderly.
4. What is the full form of CVD?
5. The ability of a joint or series of joints to move through an unrestricted pain free range of motion is called.
6. Which is the body building nutrient?
7. What is the Body Mass Index Scale reading of an obese person?
8. The ability of muscle to undergo repeated contraction against a set of resistance period of time.
9. What is the clinical term used for excess body weight?
10. Fatigue is due to formation is known as.

(10 × 1 = 10 Marks)

VII. Match the following:

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

(10 × 1 = 10 Marks)
