

19BP45

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Name:

Reg. No:

FOURTH YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATIONS, APRIL 2023

(Regular/Supplementary/Improvement)

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

(2015 Admission onwards)

Time: Three Hours

Maximum: 75 Marks

I. Answer *one* of the following:

1. Define Health and explain the determinates of health.

Or

2. What is proximate principle? Explain balance diet.

(1 × 15 = 15 Marks)

II. Write Short notes on:

3. Methods for developing aerobic fitness.

4. Recommend the nutritional diet needed for elderly people.

5. Food pyramid.

(3 × 5 = 15 Marks)

III. Explain the following:

6. What are the methods used for the maintenance of a fitness center?

7. Exercise programme for differently abled persons.

8. Anatomical fitness.

(3 × 5 = 15 Marks)

IV. Fill in the blanks:

9. Night blindness is a disease caused by the deficiency of vitamin -----

10. Unit of energy is -----

11. Device used to measure flexibility is -----

12. Heart rate X stroke volume is -----

13. The normal Blood pressure is ----- mm/Hg.

(5 × 1 = 5 Marks)

V. State whether the statement is True or False:

14. Tuberculosis is a communicable disease.

15. Rickets is caused by the deficiency of Vitamin D.

16. The unit of Power is newton/sec

17. The basal metabolic rate for a fat person is less.

18. Stroke is caused due the damage of cardiac muscle.

(5 × 1 = 5 Marks)

VI. Write the answer in one word:

19. What are micro nutrients?

20. Which is the equipment to measure fat?

21. What are the components of health related fitness?

22. What does the treadmill test measure?

23. What is the normal value of fasting blood sugar?

24. Deficiency of vitamin K causes the disease -----

25. What is the full form of HIV?

26. Which is the six pack muscle of the human body?

27. The normal respiratory rate of an adult is -----

28. Which is the longest muscle in human body?

(10 × 1 = 10 Marks)

VII. Match the following:

29. Vitamin E

-

a. Protein

30. Body building food

-

b. Scurvy

31. Fartlek Training

-

c. Diabetics

32. Insulin

-

d. Endurance

33. Leg curls

-

e. Gastrocnemius

34. Calf rise

-

f. Hamstring

35. Sit ups

-

g. Agility

36. Shuttle run

-

h. Muscular Endurance

37. Creatine phosphate

-

i. Source of energy

38. Hypokinetic

-

j. Cholesterol

(10 × 1 = 10 Marks)
