

2020

PHYSICAL FITNESS AND WELLNESS

Paper: MPEC-302

Full Marks: 70

The figures in the margin indicate full marks.

Candidates are required to give their answers in their own words

as far as practicable.

Answer all questions

1. What do you mean by Physical Fitness and Wellness? Explain Performance Related Physical Fitness and its components in detail. 5+10

Or,

Discuss the current trends in Fitness and Conditioning. Write down physiological principles involved in human movements. 5+10

2. What do you mean by Nutrition, Nutrients and Food? What is healthy diet? Give a proper guideline to maintain healthy weight. 8+2+5

Or,

Define Cardio-Respiratory Fitness. What are the various considerations one should follow for enhancing the effectiveness of cardio respiratory endurance training? Explain the various activities for improving cardio respiratory fitness. 5+5+5

3. Mention the modern concept of Weight Training. Discuss about the various safety techniques for weight training. 5+10

Or,

Write down advance technique of weight training. Mention the principles of weight training. Give brief explanation about free had exercise, free weight exercise, medicine ball and fit ball. 5+4+6

4. **Write short note on following topics (any two):** 7.5×2
- a. Relaxation technique
 - b. Core exercise
 - c. Eating disorder
 - d. Static and Dynamic exercise

Please Turn Over

(2)

5. Answer the MCQs by choosing the right option from the following and write it on your answer script (any ten): 1x10

i) Which of the following food substances our body is not capable of storing?

- a) Vitamin
- b) Fats
- c) Water
- d) Minerals

ii) What energy do minerals provide to the body?

- a) Electrical
- b) Thermal
- c) Chemical
- d) No energy

iii) What causes Kwashiorkor and Marasmus?

- a) Lack of protein
- b) Lack of vitamin
- c) Lack of water
- d) Lack of fats

iv) Which of the following is/are considered as nutrient?

- a) Vitamins
- b) Minerals
- c) Fats
- d) All the above

v) Before and after work out a stretch must be for at least

- a) 1 minute
- b) 15-30 seconds
- c) 5 seconds
- d) 5-10 seconds

vi) Flexibility of a person is influenced by which of the following factors?

- a) Size of the body
- b) Shape of the body
- c) Weight of the body
- d) None of these

Please Turn Over

(3)

vii) Warming up before exercise is important because it

- a) improves flexibility
- b) reduces heart rate
- c) slows adrenalin release
- d) decreases the removal of lactic acid

viii) The type of stretch training most likely to increase isometric strength would be

_____ stretching.

- a) PNF
- b) Static
- c) Dynamic
- d) Ballistic

ix) Weight reduction programme should be base on

- a) Low intake of dietary fibre
- b) Low intake of vitamins
- c) low intake of fats
- d) All of those

x) What aspect of physical fitness measured by the fitness-gram pacer test?

- a) Cardio vascular endurance
- b) Muscular endurance
- c) Muscular strength
- d) Flexibility

xi) Passive flexibility refers to

- a) Muscular stretch without resistance
- b) Muscular stretch with resistance
- c) Stretching at maximum range
- d) None of these

xii) Increase muscle mass due to heavy weight training is called

- a) Muscular hypertrophy
 - b) Muscular hypotrophy
 - c) Muscular atrophy
 - d) Haematoma
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