

**2021**

**PHYSICAL FITNESS AND WELLNESS**

**Paper: MPEC – 302**

**Full marks: 70**

*The figures in the margin indicate full marks.*

*Candidates are required to give their answer in their own words  
as far as practicable.*

**Answer all the questions**

1. Define Physical Activity and Exercise? What is Wellness? How different dimensions of wellness plays important role in maintaining one's quality of life?

5+2+8

**Or,**

What is Physical Fitness? What are the major components of physical fitness? What are leisure time physical activities?

4+8+3

2. Define Nutrient and Nutrition. Discuss the factors affecting food choice of an athlete. State the importance of macro and micro nutrient for an athlete.

4+6+5

**Or,**

What is Cardio-Respiratory Endurance? How to assess Cardio- Respiratory Fitness? Discuss different types of eating disorders?

4+6+5

3. What is Resistance Training? What are the principles of Resistance Training? Write down advantages and disadvantages of weight training doing with free weights and machine weights.

3+6+6

**Or,**

What is Weight Training? Describe different principles of Weight Training. Discuss the safety measures in Weight Training.

3+6+6

4. Write short notes on following (**any two**):

7.5x2

- (i) Types of Flexibility
- (ii) Factors affecting Flexibility
- (iii) Proprioceptive Neuromuscular Facilitation (PNF) Stretching
- (iv) Methods to improve Flexibility

***Please Turn Over***

(2)

5. Answer the MCQs from below by choosing the correct option and writing the answer on your script (*any ten*): 10x1

a) Which dimension of wellness involves the ability to develop close interpersonal relationships?

- (i) intellectual
- (ii) social
- (iii) emotional
- (iv) spiritual

b) Bodily movement produced by skeletal muscles is called:

- (i) physical activity
- (ii) exercises
- (iii) aerobic exercise
- (iv) muscle strength

c) A SMART goal is effective when it is:

- (i) realistic
- (ii) measurable
- (iii) specific
- (iv) All the above.

d) Which of the following is a mode of stretching?

- (i) Proprioceptive neuromuscular facilitation
- (ii) Ballistic stretching
- (iii) Slow-sustained stretching
- (iv) All the above

e) The best aerobic activity for an older person for developing her fitness might be:

- (i) Walking
- (ii) Jogging
- (iii) Rope Skipping
- (iv) Cross-country Running

f) Which of the following is not the function of protein in our body?

- (i) helps make bones strong
- (ii) keeps our body warm
- (iii) helps to build muscles
- (iv) Supply instant energy

*Please Turn Over*

(3)

- g) The average values of heart beats per day is:
- (i) 10,000 times
  - (ii) 50,000 times
  - (iii) 100,000 times
  - (iv) 1 million times
- h) Physiological factors determining speed are:
- (i) Explosive strength
  - (ii) Body weight
  - (iii) Muscle composition
  - (iv) Both (i) & (iii)
- i) Following which exercise is considered as a Cardio Vascular endurance activity?
- (i) Cycling
  - (ii) Swimming
  - (iii) Running
  - (iv) All of the above
- j) During weight lifting, it is important to have following person with you at all times.
- (i) Person to compete with
  - (ii) Coach
  - (iii) Spotter
  - (iv) Time keeper
- k) The resting heart rate of a person of age 20 years is 76 bpm, what will be his/her maximum heart rate at exercise?
- (i) 200 bpm
  - (ii) 191.6 bpm
  - (iii) 195.5 bpm
  - (iv) 207 bpm
- l) To fight against COVID-19 virus, most of the human population need:
- (i) Performance related physical fitness
  - (ii) Health related physical fitness
  - (iii) Spiritual Fitness
  - (iv) Social Fitness
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