

2022

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 the following questions.

1. Define physical activity and physical fitness. Write down the health-related physical fitness components in detail. 5+10

Or,

What is wellness? Elaborate different dimensions of wellness. 'Leisure time physical activity plays an important role in maintaining quality of life'— Explain. 2+5+8

2. What is healthy diet? What are macro and micro nutrients? Discuss the factors affecting food choice of an athlete. 4+3+8

Or,

What is Cardio-Respiratory Fitness? Explain the various activities for improving cardio-respiratory fitness. 5+10

3. What is resistance training? Mention the principles of resistance training. Discuss the various safety techniques to be followed for weight training. 2+5+8

Or,

What is weigh training? Give brief explanation about free hand exercise, exercise with medicine ball and fit ball. 5+10

4. Write short notes on following (*any two*): 7½×2

- (a) Methods to improve flexibility
- (b) Eating disorders
- (c) Proper hydration
- (d) Relaxation and Breathing techniques.

Please Turn Over

5. Answer the MCQs from below by choosing the correct option and write the answer on your script
(any ten) : 1×10

- (a) Which amongst these is not a method to improve flexibility?
(i) Ballistic stretching (ii) Static stretching
(iii) PNF (iv) Fartlek training.
- (b) Which of the following is a Micro nutrient?
(i) Carbohydrates (ii) Fats
(iii) Water (iv) Vitamins.
- (c) Which of the following is a component of skill related physical fitness?
(i) Flexibility (ii) Speed
(iii) Endurance (iv) Body composition.
- (d) Coordinative abilities primarily depend upon the
(i) Respiratory system (ii) Digestive system
(iii) Central nervous system (iv) Circulatory system.
- (e) Dynamic strength is also known as —
(i) Isometric (ii) Isotemic
(iii) Isotonic (iv) Isokinetic.
- (f) Which of the following is not related to coordinative ability?
(i) Coupling ability (ii) Reaction ability
(iii) Differentiation ability (iv) Acceleration ability.
- (g) Health related fitness aims to prevent
(i) Power (ii) Agility
(iii) Capacity (iv) Diseases.
- (h) Which one of the following groups of chemicals is not a food nutrient?
(i) Protein (ii) Enzymes
(iii) Carbohydrates (iv) Vitamins.
- (i) Which one of the following provides the greatest energy value per gram of nutrient?
(i) Carbohydrate (ii) Fat
(iii) Protein (iv) Water.
- (j) The amount of calcium required per day in adults is —
(i) 5 mg (ii) 50 mg
(iii) 250 mg (iv) 500 mg.

(3)

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(k) The hormone which affects the metabolic rate of the body is :

(i) Thyroxin

(ii) Insulin

(iii) Glucagon

(iv) None of these.

(l) Which one of the following nutrients do adult women require in greater amounts than adult men?

(i) Sodium

(ii) Protein

(iii) Iron

(iv) Vitamin D.
