

2023

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.*

1. What is Total Fitness? State and explain the components of total fitness. 5+10

Or,

Define Wellness. Is lifelong wellness associated with physical activity? — Justify your answer. What are the principles of physical fitness? 3+7+5

2. What is the role of food guide pyramid for a balanced dietary guideline? Describe the importance of weight management in leading a healthy lifestyle. Discuss the food values in respect of different nutrients. 6+4+5

Or,

What is interval training and circuit training? Prepare an interval training plan for six weeks to improve the cardio-respiratory fitness for youth. Distinguish between walking and power walking. 6+6+3

3. What are the different types of basic resistance exercises? State the health benefits of resistance training. Explain the role of resistance training for enhancing muscular strength. 5+5+5

Or,

Discuss core training with suitable examples of core training exercises. Explain the various types of relaxation techniques. Write down the forms of flexibility along with suitable examples. 5+5+5

4. Write short notes on the following (*any two*) : 7½×2
- (a) Current trends in fitness and conditioning
 - (b) Principles of weight training
 - (c) Safety measures for weight training
 - (d) Hydration and sports performance.

5. Answer the following questions by selecting the right option and write it on your answer script
(any ten) : 1×10

- (a) Weight management is mostly influenced by :
- (i) Intake of calories
 - (ii) Expenditure of calories
 - (iii) Controlling of eating habits
 - (iv) Balance of intake and expenditure of calories.
- (b) Good muscle tone is highly related to good :
- (i) Reflex time
 - (ii) Movement time
 - (iii) Transmission time
 - (iv) Reaction time.
- (c) A person's health is significantly influenced by :
- (i) Balance Diet
 - (ii) Proper Nutrition
 - (iii) Daily Exercise
 - (iv) All of these.
- (d) Increase in muscle mass due to heavy weight training is called :
- (i) Muscular hypotrophy
 - (ii) Muscular hypertrophy
 - (iii) Muscular atrophy
 - (iv) Muscular distortion.
- (e) Body composition of a person is best described as :
- (i) Amount of body fat
 - (ii) Total weight of bones
 - (iii) Ratio of fat to muscle, bone and other tissues
 - (iv) Total weight of muscles.
- (f) To improve the cardio-respiratory endurance through resistance training, emphasis should be on :
- (i) More Repetition/Duration
 - (ii) Higher Intensity
 - (iii) Increase Volume
 - (iv) None of these.
- (g) Percentage of the Water, Protein, Fat and Carbohydrate in human body is :
- (i) Water-50%, Protein-20%, Fat-15%, Carbohydrate-5%
 - (ii) Water-55%, Protein-11%, Fat-19%, Carbohydrate-10%
 - (iii) Water-63%, Protein-17%, Fat-12%, Carbohydrate-1%
 - (iv) Water-68%, Protein-12%, Fat-15%, Carbohydrate-5%.
- (h) The most important factors to remain fit and healthy is/are :
- (i) Intake of balance diet
 - (ii) Participating regular exercise
 - (iii) Drinking adequate water
 - (iv) All of these.
- (i) Which one of the following is a hydrogenated fat?
- (i) Butter
 - (ii) Margarine
 - (iii) Olive oil
 - (iv) Coconut oil.

(3)

(j) Insufficient oxygen supply to the muscle tissue is known as :

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|---------------|------------------|
| (i) Insomnia | (ii) Ischemia |
| (iii) Hypoxia | (iv) Sarcopenia. |

(k) Hypokinetic disease results from :

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|---------------------------------|-----------------------------------|
| (i) Excessive physical activity | (ii) Inadequate physical activity |
| (iii) Unbalanced diet | (iv) Bacterial infection. |

(l) B.M.I. over 30 Kg/m² of an individual indicates :

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|-----------------|---------------------|
| (i) Underweight | (ii) Overweight |
| (iii) Obesity | (iv) Normal weight. |
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