

2025

PHYSICAL FITNESS AND WELLNESS

Course : 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 meant by Physical Activity, Exercise and Wellness? How different dimensions of wellness play important role in maintaining one's quality of life? 6+9

Or

Describe the major components of physical fitness. Illustrate the utilization of leisure time through physical activity to lead a productive life style. 8+7

2. What is the importance of food guide pyramid for healthy diet? Describe the significance of weight management for leading healthy lifestyle. Discuss the food values of Carbohydrate, Fat and Protein for weight management. 5+4+6

Or

What do you understand by proper movement form? How this can be developed through aerobic exercises? List the factors responsible for maintaining proper movement form. 3+7+5

3. Elaborate the modern concept of weight training. What safety measures need to be considered during weight training? Explain the principles of weight training. 4+5+6

Or

Discuss core training and mention suitable examples of core training exercises. Prepare a suitable resistance training programme for the development of muscular strength and endurance. 5+10

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

- (a) Power Walking and Inclined Running
- (b) Static and Dynamic flexibility
- (c) Proprioceptive Neuromuscular Facilitation (PNF)
- (d) Methods to improve flexibility.

Please Turn Over

(3820)

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

- (a) Which dimension of wellness involves the ability to develop close interpersonal relationships?
 (i) Intellectual (ii) Social
 (iii) Emotional (iv) Spiritual.
- (b) Which one of the following mineral elements is required for muscle contraction?
 (i) Calcium (ii) Iron
 (iii) Sodium (iv) Zinc.
- (c) Match List - I with List - II and select the correct option using the codes given below :

List - I	List - II
I. Weight training method	1. Speed endurance
II. Interval Training Method	2. Strength
III. Continuous Training Method	3. Power
IV. Plyometric Training Method	4. Basic endurance

Codes :

- (i) I-2; II-1; III-4; IV-3 (ii) I-3; II-2; III-1; IV-4
 (iii) I-1; II-3; III-4; IV-2 (iv) I-4; II-1; III-2; IV-3.
- (d) Ergogenic aids help to
 (i) increase strength and endurance and increase concentration
 (ii) increase concentration and increase pain
 (iii) increase strength and endurance and increase pain
 (iv) increase pain and early onset of fatigue.
- (e) Weight reduction program should be based on
 (i) low intake of dietary fiber (ii) low intake of vitamins
 (iii) low intake of fats (iv) All of these.
- (f) Load parameters imposed for developing maximum strength are
 (i) load should be high and rest interval should be low
 (ii) load should be medium and rest interval should be high
 (iii) load should be minimum and rest interval should be high
 (iv) load should be medium and rest interval should be low.

- (g) Which of the following one is the hydrogenated fat?
- (i) Butter
 - (ii) Margarine
 - (iii) Olive oil
 - (iv) Coconut oil.
- (h) Hypokinetic diseases are caused by
- (i) less physical activity
 - (ii) adequate physical activity
 - (iii) intake of balanced diet
 - (iv) None of these.
- (i) Wellness is best described as
- (i) freedom from illness
 - (ii) physical strength only
 - (iii) a balanced state of physical, mental, and social well-being
 - (iv) high athletic performance.
- (j) Cardiorespiratory fitness is most accurately assessed by measuring
- (i) muscular endurance
 - (ii) resting heart rate variability
 - (iii) maximal oxygen uptake (VO_2 max)
 - (iv) blood lactate threshold.
- (k) Wellness differs from health in that wellness emphasizes
- (i) absence of disease
 - (ii) medical intervention
 - (iii) a dynamic process of optimal functioning across multiple life domain
 - (iv) genetic predispositions.
- (l) According to the FITT principle, increasing which variable primarily improves muscular endurance rather than muscular strength?
- (i) Intensity of training
 - (ii) Frequency of training
 - (iii) Time (duration) of training
 - (iv) Types of training (activities).
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