

Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University) Coimbatore -641 043
Bachelors Degree Examination – November 2018
I Semester

Class: I UG

Max.Marks: 100

Major : Physical Education

Time: 3 Hours

18BPPEI01 DSE-I – Fitness and Wellness

PART A

Choose the best Answer

(10X1=10)

1. The definition of Fitness is
 - a) The ability to run 20 kilometers without fatigue
 - b) To lift 100 kg maximum bench press
 - c) To meet the demands of the environment
 - d) None of the above
2. Health is
 - a) Physical wellbeing
 - b) Mental well being
 - c) Social wellbeing
 - d) All the above
3. Carbohydrates is an important component especially for?
 - a) Sprinter's
 - b) Boxer's
 - c) Long distance runner's
 - d) Chess player's
4. Anemia is a deficiency caused due to?
 - a) Lack of protein in blood
 - b) Lack of hemoglobin in blood
 - c) Excess of hemoglobin in blood
 - d) None of these
5. Basic principle of Fartlek training is
 - a) Variation in space
 - b) Variation in pace
 - c) Variation in duration
 - d) Variation in place
6. Why is a cool down important after exercise?
 - a) To raise resting heart rate
 - b) To improve speed
 - c) To make muscular contraction stronger
 - d) To speed up the removal of lactic acid
7. Immunity is the power to resist?
 - a) Germs
 - b) Sickness
 - c) Infection
 - d) Tired
8. Autogenic training is a technique
 - a) To bring about relaxation in body
 - b) To increase anxiety level
 - c) To counter the avoidance syndrome
 - d) none of the above
9. The instrument used for estimation of vital capacity is _____
 - a) Dynamometer
 - b) Skinfold caliper
 - c) Wet Spirometer
 - d) Goniomeer
10. The "good" cholesterol is _____
 - a) Low density lipoprotein
 - b) High density lipoprotein
 - c) Triglycerides
 - d) Cholesterol

Answer the following
Answer should not exceed 400 words or two pages

- 11. a) What are the factors that influence fitness? Explain.
(or)
- 11. b) Explain the components of health related fitness in brief.
(or)
- 12. a) Explain about three energy system.
(or)
- 12. b) How exercise impact metabolism? Explain.
- 13. a) What are the advantages of aerobic dance?
(or)
- 13. b) What is fartlek training? Explain.
- 14. a) What are the effect of stress on your body system?
(or)
- 14. b) What are effect of music exercise?
- 15. a) How to evaluate the flexibility? Explain the procedure and scoring of it?
(or)
- 15. b) How to evaluate the speed and power? Explain the procedure and scoring of it?

Part C

Answer the following
Answer should not exceed 800 words or four pages

5 x 12=60

- 16. a) Prescribe an exercise programme for obese middle age women
(or)
- 16. b) Define Wellness and Explain the dimensions of Well ness
- 17. a) How to estimation of energy needs and required energy intake according to the need?
(or)
- 17. b) Define energy and explain the consequences of energy imbalance?
- 18. a) What are the guidelines to be followed during exercise?
(or)
- 18. b) How to prevent fitness injuries? Discuss.
- 19. a) Explain the various types of stress and how to reduce stress through yoga? Discuss
(or)
- 19. b) Explain the technique, used and benefits of Biofeedback therapy for stress and other work related disorder.
- 20. a) Explain the evaluating procedure for aerobic and an aerobic endurance.
(or)

20. b) Explain the evaluating procedure for body composition indices (BMI, BFP, WHR, WHITE)
