Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD)
Re-accredited with 'A++'Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test III - November 2022
SEMESTER III

Class : II B.Ed. **Max. Marks: 100**
Major: Education **Time: 2 Hrs**
Generic Elective Course

21BPEO01 Exercise and Weight Management for Teens

Course outcomes

CO1 Assessing the role of diet, exercise for healthy life style

CO2 Obtain the knowledge of exercises and weight management

CO3 Execute different exercise programme for weight management

CO4 Understand and learn the basic concept of Calorie Management

CO5 Finding the techniques and principles of various exercises programme for weight loss

PART – A

Choose the correct answer **10 x 1 = 10**

1. What is definition of overweight? CO1K2

   a. BMI > 25 kg/m2 b BMI = 25 Kg/m2

   c. BMI 25 - 29.9 kg/m2 d BMI 25 - 30 Kg/m2

2. What is the energy need of a sedentary43- year old Women who weight 63 kg? CO2K3

   a. 1250 Kcal /day b 1350 Kcal /day

   c. 1525 Kcal /day d 1800 Kcal /day.

3. What type of diet is recommended for weight maintenance ? CO3K2

   a. Low Protein and low GI b. High Protein and high GI

   c. Low Protein and high GI d. High protein and low GI

4. What is the efficiency of Aerobic CO2K4

   a. Morethan 75% b. Approximately 45%

   c. Less than 20% d. 99 %

5. Which drug(s) is/are approved for the treatment of obesity in Europe? CO4K3

   a. Orlistat b. Phentermine/Topiramate

   c. Lorcaserin d. Naltrexone/ Bupropion

6. Who is belived to be the father of Yoga? CO3K4

   a. Krishnamacharya b. Gautham Buddha

   c. Maharshi patanjaliadi d. Shankaracharya

7. Which of the following hormones decreases blood glucose and increases the uptake of glucose in various tissues like skeletal muscle, adipose tissues? CO5K4

   a. Insulin b. Cortisol

   c. Glucagon d. Epinephrine

8. Disease transmitted from one person to another called CO4K4

a. Disorder b. Deficiency
c. nfectious d. Damage

9. When more than 20% of the body weight is due to fat the person is suffering from CO4K4

a. marasmus b, kwashiorkor
c. scurvy d. obesity

10. Vitamin B, deficiency causes :CO3K5

a. beri-beri c. scurvy
b. pellagra d. sterility

PART – B

Answer ALL questions 5 x 6= 30

Answer should not exceed 400 words or two pages

11 a. Define :Weight management COIK2

(OR)

11 b. Write about the type of Yoga for obesity person CO2K3

12 a. Explain about the body composition and give three examples of body composition CO3K3

(OR)

12 b. Write a short note on obesity CO4K2

13 a. Explain the principles of weight training CO3K3

(OR)

13 b. Describe the Health benefits of walking CO2K3

14 a. Describe : How do I figure out calories for weight loss? CO5K4

(OR)

14 b. Explain about the importance of Carbohydrates for weight gain CO3K4

15 a. Write about the one minor game and with examples CO4K4

(OR)

15. b. write about the FIT INDIA MOVEMENT CO5K4

PART – C

Answer ALL questions 5 x 12 = 60

Answer should not exceed 800 words or four pages

16 a. Define Weight management and roles and responbliities of a weight CO2K3

(OR)

16. b. Describe the diet plan Components for Sports person

17. a. Elaborate the health Government Schemes for teenage people CO1K2 CO2K3

(OR)

17. b. Briefly explain about the : Continuous training CO1K3

18. a. Explain about the importance of self health checkup CO3K3

(OR)

18. b. Write a short notes CO4K3

i) Yoga ii) Physical Training iii) Aerobics.

(OR)

19. a. Explain about the tips for healthy weight loss diet. CO3K4

(OR)

19. b. List out any ten GYM Equipment with picture CO5K3

20 a. Elaborate the workout for Weight loss and give some Examples exercise CO4K4

(OR)

20. b. List out any six types of training CO5K4

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