



Part - C  
Answer the following

Answer should not exceed 600 words or two pages

- 11. a. Explain Global issues of physical education in schools  
Or  
CO5 K4
- 11. b What are the multicultural needs of modern schools?  
Or  
CO2 K3
- 12. a. Write about the physical activity pyramid?  
Or  
CO3 K2
- 12. b. What are the factors influencing fitness?  
CO5 K1
- 13. a. Describe about the benefits of fitness.  
Or  
CO1 K5
- 13. b. Explain the wellness management technique  
CO2 K3

Part C  
15x2=30

Answer should not exceed 1200 words or 6 pages

- 14. a. Write the basic Conditioning Exercises ?  
Or  
CO3 K1
- 14. b. Explain the FITT formula with suitable examples in your game of specialisation  
Or  
CO1 K4
- 15. a. What are the factors influencing Fitness?  
Or  
CO1 K4
- 15. b. Explain the dimensions of wellness and its management techniques  
CO3 K2