

AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER  
EDUCATION FOR WOMEN

Coimbatore – 641 043.

Continuous Internal Assessment Test II - October 2018

SEMESTER III

CLASS : II B.Ed.

Branch: Education

18BPDD001 – Exercise and Weight Management for Teens

Time: 2 Hrs.  
Max. Marks: 40

Course Outcomes:

CO<sub>1</sub>: Understanding of current ethical concerns in the physical exercise and healthy diet.

CO<sub>2</sub>: Demonstrate competency in skills and abilities relating to exercise and weight management.

CO<sub>3</sub>: Apply the Exercise and Wellness Knowledge in daily routine.

CO<sub>4</sub>: Implement the exercise programs to prevent the illness and injuries.

CO<sub>5</sub>: Evaluate health behaviors and health outcomes

PART – A

Choose the correct answer

5 x 1 = 5

1. Which one of the following is an example of a food high in carbohydrates ?  
a. Fish      b. Banana      c. Meat      d. Eggs  
CO<sub>3</sub>      K<sub>2</sub>
2. The percentage of water in Human body  
a. 60%      b. 70%      c. 55%      d. 65%  
CO<sub>3</sub>      K<sub>2</sub>
3. The component of food which help our body fight against infection is  
a. Carbohydrates      b. Protein      c. Fat      d. Water  
CO<sub>3</sub>      K<sub>2</sub>
4. -----essential for forming haemoglobin in our body  
a. Carbs      b. Iron      c. Calcium      d. Potassium  
CO<sub>5</sub>      K<sub>3</sub>
5. Which of this nutrient provide growth and repairment  
a. Carbohydrates      b. Vitamins      c. Protein      d. Fat  
CO<sub>4</sub>      K<sub>2</sub>

**PART - B**

**Answer the following in one or two sentences**

**5 x 2 = 10**

- 6. Define Glucose CO<sub>3</sub> K<sub>1</sub>
- 7. List out any four Carbohydrate rich food CO<sub>3</sub> K<sub>2</sub>
- 8. Define ATP CO<sub>4</sub> K<sub>2</sub>
- 9. Define Weight Management CO<sub>3</sub> K<sub>2</sub>
- 10. Define Obesity CO<sub>4</sub> K<sub>2</sub>

**PART - C**

**Answer the following**

**3 x 5 = 15**

**Answer should not exceed 200 words or one page**

- 11. What are the functions of water in the body? CO<sub>3</sub> K<sub>2</sub>
- 12. Write the Procedure of BMI calculation with examples and norms? CO<sub>4</sub> K<sub>4</sub>
- 13. Explain Healthy Life Style CO<sub>3</sub> K<sub>3</sub>

**PART - D**

**Answer the following**

**1 x 10 = 10**

**Answer should not exceed 700 words or six pages**

- 14. a. Explain the Barriers to Lifestyle Changes and it causes CO<sub>4</sub> K<sub>6</sub>
- (or)
- 14. b. Write the health causes of Obesity in Teens? CO<sub>3</sub> K<sub>4</sub>

Staff Incharge: Mrs.S.Archana Mani Malathi

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