

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Briefly explain meaning and forms of exercise with examples CO2 K3
(or)
10. b. Explain how the circuit training improve the cardiovascular endurance. CO3 K3
11. a Define cardiovascular endurance and development of cardiovascular endurance through weight training. CO4K4
(or)
11. b. Write a note on health and skill related components fitness CO4K3
12. a. Explain about balanced diet, food and nutrition CO1K4
(or)
12. b. Briefly explain Aerobic and anaerobic metabolism CO2K3

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Staff in-charge: Dr.T.Shanmugavalli