

**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER
EDUCATION FOR WOMEN
Continuous Internal Assessment Test I – August 2018**

Class: **I BSc**
Major : **Physical Education**

Time: **2 hours**
Max marks: **60**

18BPPE101 – I Fitness and Wellness

Course Outcome

1. Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity
2. Describe the components of physical fitness impact health and wellness.
3. Analyze the relationship between physical activity, inactivity, and nutrition on weight and body composition
4. Prepare and implement the techniques of stress management.
5. Recognize safety guidelines and proper evaluating techniques of Fitness

Part – A

Circle the correct answer

5X1=5

1. State the Fitness reduces CO1 K1
- a. Heart diseases b. Metabolic syndrome
- c. Cancer d. All the above

2. Enumerate Physiological or functional capacity that allows for an improve quality of life CO2 K1
- a. Functions b. Fitness c. Flexibility d. Muscles

3. State the component of fitness important for disease free living CO1 K1
- a. Skill related b. Health related c. a&b d. None of the above

4. Discover the Components of Fitness CO2 K1
- a. 5 b. 7 c. 6 d. 8

5. Select the constant and deliberate effort to stay achieve the highest potential flow well-being CO2 K1
- a. Fitness b. Wellness
- c. Dimensions d. None of the above

Part – B

Answer the following in two or four lines 5 X 2 =10

6. Define Fitness. CO1 K1
7. Define Wellness. CO1 K1
8. Write down the meaning Fitness. CO1 K3

9. List out the skill related components.

CO2 K1

10. Define Physical Fitness.

CO1 K1

Part - C

Part - C

Answer the following

Answer in two pages or do not exceed 200 words

3X5=15

11 a) Explain the terms Related Fitness and Wellness.

CO3 K2

(Or)

b) Explain the components of Wellness?

CO3 K2

12.a) Explain Factors influencing Fitness.

CO1 K2

(Or)

b) Explain the Benefits of Fitness.

CO2 K2

13.a) Explain Physical Fitness.

CO2 K2

(Or)

b) Explain Need for Energy?

CO1 K2

Answer the following

Answer in Four pages or do not exceed 700 words

2x15 = 30

14. a) Illustrate Dimensions of wellness

CO2 K3

(Or)

b) Describe Factor Affecting total Fitness.

CO3 K3

15. a) Explain how Exercise Impacts Metabolism.

CO3 K2

(Or)

b) Illustrate estimation of Energy needs and Energy intake.

CO1 K3