

**Avinashilingam Institute For Home Science And Higher Education For Women
Coimbatore – 641 043.**

**Continuous Internal Assessment Test III - October 2018
SEMESTER III**

**Class : II BED
Major: Gen & Spl.Edn**

Generic Elective

15BPDD001 –Exercise and Weight Management for Teens

**Time : 3 Hrs.
Max Marks: 100**

PART – A

Choose the Correct Answer

10 x 1 = 10

1. Which of the following is a prominent characteristic of individuals with eating disorders?
 - a. High self esteem
 - b. Low self esteem
 - c. High levels of responsibility
 - d. Narcissism
2. Prevention programmes are employed to put eating disorders into a social context. School-based prevention programmes emphasise:
 - a. The role the media plays in developing extreme body shape ideals
 - b. The need for healthy, balanced eating
 - c. The need for individuals to develop positive rather than negative attitudes to their bodies
 - d. All of the above
3. The Body Mass Index (BMI) measure indicates that one would be considered overweight with a BMI of:
 - a. 45-59.9
 - b. 20.9-30.9
 - c. 25-29.9
 - d. 55-69.9
4. Eating habits and social custom is one of the _____ factor.
 - a. Nutritional
 - b. Diet
 - c. Health
 - d. Energy
5. In energy fuel the required % of carbohydrate for human body is _____.
 - a.30%
 - b.57%
 - c.13%
 - d.0%
6. It is essential for growth and repair of muscles and tissues
 - a. Fat
 - b. Protein
 - c. Mineral
 - d. Vitamin
7. What is the sources of Fat?
 - a. Milk
 - b. Cream
 - c. Butter
 - d. All the above
8. A normal human being should drink minimum of _____ litres of water.
 - a. 1.5l
 - b. 4.5l
 - c. 3.5l
 - d. 2.5l
9. Jogging may be done preferably _____ times a week.
 - a. 4 – 5 times
 - b. 2 - 5times
 - c. 3 - 5times
 - d. None
10. Rhythmic exercise can be done _____ hours after the meal
 - a.2 – 3 hours
 - b. 1 - 2hours
 - c. 1 -3 hours
 - d. 3 - 4hours

PART – B

Answer the following

5 X 6 = 30

11. a. What are the roles and responsibilities of a weight?
(or)

b. How the life style can be changed?

12. a. What are the causes of Obesity?

(or)

b. What are the solutions of Obesity?

