



Maximum

# Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)

Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test - I August 2024

III Semester

Class: II UG

Course: Physical Education

Time: 2 Hours

Max. Marks: 60

## 23BPEC09 Fitness Training and Nutrition

### Course Outcomes:

1. Familiarise the student with fitness education and training
2. Develop skills to establish daily fitness prescription for the clients
3. Acquaint student with principles of sports nutrition
4. Understand the relationship between fitness training and nutrition
5. Construct individualized nutrition plan for specific events

### Part A

Choose the Correct answer

6x1=6

1. Components of fitness  
(a) physical fitness (b) health fitness (c) a and b (d) none of above  
CO3K1
2. A substance needed by the body for growth, energy, repair and maintenance is called  
(a) carbo hydrate (b) nutrient (c) calories (d) fatty acid  
CO1K2
3. what is FIIT formula \_\_\_\_\_  
CO3K3  
CO2K2
4. vitamins and minerals  
(a) helps to body function workly (b) provide energy  
(c) primarily building material of muscle (d) none of the above
5. energy system  
(a) aerobic metabolism (b) ATP-PC (c) anaerobic metabolism (d) all of above  
CO1K3
6. which vitamin is created when your skin exposed to the UV light  
(a) vit A (b) Vit B (c) Vit E (d) Vit D  
CO1K4

### Part B

Each answer should not exceed 400 words or two pages

3x6=18

7. (a).define fitness and its components  
(Or)  
(b).define warm up &warm down and its importance  
CO3K2  
CO2K3
8. (a). short notes on aerobic metabolism  
(Or)  
(b).define bioenergetic and short notes on estimation of energy intake  
CO3K1  
CO3K2
- 9 (a). Explain:  
Medical evaluation and strengthen exercise of fitness  
(Or)  
(b). describes the various fitness of cardiovascular exercise and stretching exercise  
CO5K1

### Part C

Each answer should not exceed 800 words or two pages

3x12=36

- 10(a).Write a short a notes on components of fitness  
(Or)  
(b) benefits and principle of physical fitness  
CO2K3  
CO2K2
- 11 (a). Describe about the anaerobic metabolism &aerobic metabolism  
(Or)  
(b). explain three energy system  
CO3K2  
CO4K3
- 12 (a).exercise guideline and program design for various age group  
(Or)  
(b).explain the fitness and exercise prescription for specially challenged  
CO4K3  
CO2K3

Total no of paper : 32