



Maurice

**Avinashilingam Institute for Home Science and Higher Education for Women**  
(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD)  
Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B  
Coimbatore - 641 043, Tamil Nadu, India

**Continuous Internal Assessment Test I - October 2022**  
**SEMESTER III**

Class : **II B.Ed.**  
Major: **Education**

Max. Marks: **60**  
Time: **2 Hrs**

**Generic Elective Course**  
**21BPDO01 Exercise and Weight Management for Teens**

Course outcomes

- CO1** Assessing the role of diet, exercise for healthy life style  
**CO2** Obtain the knowledge of exercises and weight management  
**CO3** Execute different exercise programme for weight management  
**CO4** Understand and learn the basic concept of Calorie Management  
**CO5** Finding the techniques and principles of various exercises programme for weight loss

**PART – A**

**Choose the correct answer**

**6 x 1 = 6**  
**CO1K1**

1. what does BMI measure  
a. Body fat calculated on the basis of height and weight.      b. The range of weight re question urred to remain in healthy.  
c. The amount of weight to be reduced to remain health.      d. None of the above  
**CO1K1**
2. The body will move only when?  
a. Force of friction = applied force      b. Force of friction < applied force  
c. Force of friction > applied force      d. All of the above  
**CO1K2**
3. Disease transmitted from one person to another called  
a. Disorder      b. Deficiency  
c. Infectious      d. Damage  
**CO2K2**
4. The worldwide prevalence of Obesity  
a. 11%      b. 13%  
c. 15%      d. 39%  
**CO2K3**
5. which of the following diseases does obesity increase the risk of developing?  
a. type 2 diabetès      b. Cancer  
c. Cardiovascular disease      d. all of the option given are correct  
**CO3K3**
6. The teeth at the front of the mouth which are used for chopping are called  
a. incisors      b. canines  
c. premolars      d. molars  
**CO1K3**

**PART – B**

**Answer ALL questions**

**3 x 6= 18**

**Answer should not exceed 400 words or two pages**

7. a. Define : Weight management  
(OR)  
7. b. Write about the three energy affects weight management  
8. a. Write about aim and objectives of maintaining a healthy lifestyle  
(OR)  
8. b. Write a short note on causes of Obesity  
9. a. Explain the Barriers to lifestyle  
(OR)  
9. b. Describe the Health benefits of Regular exercises

CO1K2

CO2K3

CO1K2

CO2K2

CO3K3

CO2K3

**PART – C**

**Answer ALL questions**

**3 x 12 = 36**

**Answer should not exceed 800 words or four pages**

10. a. 10 what is the first step in managing your weight  
(OR)  
10. b. Describe the meaning of health Components and discuss its important in modern age  
11. a. What do you understand by Obesity? Elaborate its Risk  
(OR)  
11. b. Write about the Contemporary health problems of youth current health status of the pupil in India  
12. a. Explain about the solution for overcoming Obesity  
(OR)  
12. b. Write a short on the workout for Weight loss and give some Examples exercise.

CO2K3

CO1K2

CO2K3

CO1K3

CO2K3

CO2K3

Staff in-charge : Mrs.V.Preethi

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