

**Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore –
641 043**

Continuous Internal Assessment Test II – February 2021

Class : I BSc Physical Education

Major : Physical Education

Max Marks: 30

18BPEI01-DSE I – Fitness and Wellness

Course Outcomes

CO1: Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity.

CO2: Describe the components of physical fitness impact health and wellness.

CO3: Analyse the relationship between physical activity, inactivity and nutrition on weight and body composition.

CO4: Prepare and implement techniques of stress management.

CO5: Recognize safety guidelines and proper evaluating technique of fitness.

Part – A

Answer **all** the questions

6X 1 = 6

1. Which of the following is a phase of evaluation where the results are recorded in numerical values C03K2
A) Measurement B) Evaluation C) Test D) Judgment
2. Which among the following relaxation technique that uses the power of imagination to reduce stress C03K4
A) Progressive Relaxation B) Visualization Relaxation C) Music D) Meditation
3. Autogenic means C03K4
A) Self Esteem B) Self Discipline C) Self Awareness D) Self Generation
4. Stress refers to C04K1
a) Amount of strain b) State of Happiness c) Pleasure d) Smiling nature
5. Which is the ability to move two or more body parts under control, smoothly & efficiently C03K2
A) Reaction Time B) Balance C) Co-Ordination D) Agility
6. Proportion of fat, bone and muscle that encompasses body refers to C05K3
A) Stress B) Agility C) Body Composition D) Cardio Vascular Endurance

Part – B

Answer **any two** questions (not exceeding 400 words)

2 X 6 = 12

7. Enumerate Circuit training? C03K3
8. Define Stress and state types of stress? C04K4
9. What is the Standardized test to measure body composition? Brief it? C05K3
10. Write a brief note on Psychology test to measure fitness? C05K5

Part – C

Answer **any one** (not exceeding 800 words)

1 X 12 = 12

11. Illustrate fartlek training? C04K5

12 Explain Jacobson relaxation technique and Autogenic Training to manage stress? C05K6