

Continuous Internal Assessment Test II – October 2018

Class : I BSc

Time : 2 hours

Major: Physical Education

Max marks :60

**18BPE101 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.
- CO 2. Describe the components of physical fitness impact health and wellness.
- CO 3. Analyze the relationship between Physical activity, inactivity, and nutrition on weight and body composition.
- CO 4. Prepare and implement the techniques of stress management.
- CO 5. Recognize safety guidelines and proper evaluating techniques of Fitness

**PART – A**

**Circle the Correct Answer**

**5x1=5**

1. Which of the following is beyond the scope of discussion on health  
a) Hygiene b) disease c) deformity d) death  
CO3 K3
2. Which of the following is no source of animal fat  
a) Egg (b) Almond (c) meat (d) milk  
CO3 K3
3. The key component of health related fitness is  
(a) flexibility (b) muscular strength (c)Cardiovascular endurance (d) body composition  
CO3 K3
4. Strength is the basis of all movement which involves  
(a) bones (b) nerves (c) joints (d) muscles  
CO2 K1
5. State the study of energy transfer within the living things called  
(a) Biomechanics (b) Bioenergetics (c) Biotechnology (d) Biochemical

**PART - B**

**Answer the following in one or two sentence**

**5x2=10**

6. Define :- FITT formula CO2 K3
7. Explain Agility, flexibility CO2 K2
8. Name some types of stress CO2 K2
9. Explain fartlek training CO2 K2
10. Define Sports Injuries CO2 K2

**PART - C**

**Answer the following (one page)**

**3x5=15**

11. (a) Differentiate walking, swimming, cycling and Aerobic CO2 K2  
(or) CO1 K1  
(b) Define circuit training and explain the methods CO1 K1
12. (a) Describe Jacobson's relaxation techniques CO3 K3  
(or) CO4 K1  
(b) Explain the techniques to prevent injuries CO4 K1
13. (a) How exercise impact on metabolism. CO5 K5  
(or) CO4 K1  
(b) Explain energy and three energy system and its character lies CO4 K1

**PART - D**

**Answer the following (six pages)**

**2x15=30**

14. (a) Explain stress management and relaxation techniques CO1 K1  
(or) CO2 K2  
(b) Define training and explain the principles of training CO2 K2
15. (a) Name some physical fitness component and explain the component with suitable examples. CO1 K1  
(or) CO4 K1  
(b) Explain Interval training and its methods CO4 K1