

A-10229

Sub. Code

6BPEA2

U.G. DEGREE EXAMINATION, APRIL 2021 &

Supplementary/Improvement/Arrear Examinations

Physical Education

Allied — FITNESS AND WELLNESS

(CBCS – 2016 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. Define Health related Physical Fitness.
2. Define Health.
3. Define Aerobic Exercises.
4. Define balance.
5. Explain anaerobic exercise.
6. Define Sports Training.
7. List any two components of wellness.
8. Define Spirituality.
9. What is Stress?
10. Define drug.

Part B

(5 × 5 = 25)

Answer **all** the questions.

11. (a) Explain the historical relevance of exercise and physical fitness.

Or

- (b) Explain about the components of health related physical fitness.

12. (a) Explain the types of exercise used in fitness.

Or

- (b) Explain the health benefits of physical activity.

13. (a) What are the categories of aerobic exercises?

Or

- (b) Explain the benefits of rope jumping and stair climbing.

14. (a) Explain the types of exercise program to keep health.

Or

- (b) Explain the importance of wellness in detail.

15. (a) Explain about the wellness challenge.

Or

- (b) Explain about the influence of drugs in respect to the health point.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Explain the Strategies for increasing Physical Fitness in India.
17. Explain the effects of physical activity on nervous system.
18. Explain the method of prescribing aerobic exercises.
19. Explain the importance of health and wellness.
20. How to maintain the health habits through proper nutrition?
