

<b>A-9003</b>
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<b>Sub. Code</b>
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<b>6BPEA2</b>
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**U.G. DEGREE EXAMINATION, NOVEMBER 2019**

**Physical Education**

**Allied — FITNESS AND WELLNESS**

**(CBCS – 2016 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 2 = 20)

Answer **all** questions.

1. Meaning of fitness.
2. Define wellness.
3. What is anaerobic exercises?
4. List any two ways to assess body composition.
5. Write down any two benefits of stationary bicycle.
6. Write down any two benefits of stair climbing.
7. Meaning of health.
8. List down any two components of wellness
9. Mention any two ill effects of smoking.
10. What is nutrition?

**Part B****(5 × 5 = 25)**Answer **all** questions

11. (a) Briefly explain the historical relevance of physical fitness.

Or

- (b) Explain the relationship between health, fitness and wellness.

12. (a) Explain the method of assessing muscular skeletal fitness.

Or

- (b) Briefly explain the health benefits of physical activity.

13. (a) Briefly explain the principles of cardiovascular exercises prescription.

Or

- (b) Write short notes on treadmill running.

14. (a) Give an account on importance of health.

Or

- (b) Briefly explain the concept of wellness.

15. (a) Write short notes on tension.

Or

- (b) Give a brief note on spiritual wellbeing.

**Part C****(3 × 10 = 30)**Answer any **three** questions.

16. Enumerate the components of health and athletic related physical fitness.

17. Give an account on types of exercises used in fitness.

18. Explain the prescription and modes of aerobic exercise.
  19. Explain the following :
    - (a) Importance of wellness
    - (b) Cardiovascular risk factors.
  20. Give an account on the wellness challenges.
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