

**Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University) Coimbatore -641 043
Bachelors Degree Examination – November 2018
I Semester**

**Class: I UG
Major : Physical Education**

**Max.Marks: 100
Time: 3 Hours**

18BPEI01 DSE-I – Fitness and Wellness

PART A

Choose the best Answer (10X1=10)

1. The definition of Fitness is
 - a) The ability to run 20 kilometers without fatigue
 - b) To lift 100 kg maximum bench press
 - c) To meet the demands of the environment
 - d) None of the above
2. Health is
 - a) Physical wellbeing
 - b) Mental well being
 - c) Social wellbeing
 - d) All the above
3. Carbohydrates is an important component especially for?
 - a) Sprinter's
 - b) Boxer's
 - c) Long distance runner's
 - d) Chess player's
4. Anemia is a deficiency caused due to?
 - a) Lack of protein in blood
 - b) Lack of hemoglobin in blood
 - c) Excess of hemoglobin in blood
 - d) None of these
5. Basic principle of Fartlek training is
 - a) Variation in space
 - b) Variation in pace
 - c) Variation in duration
 - d) Variation in place
6. Why is a cool down important after exercise?
 - a) To raise resting heart rate
 - b) To improve speed
 - c) To make muscular contraction stronger
 - d) To speed up the removal of lactic acid
7. Immunity is the power to resist?
 - a) Germs
 - b) Sickness
 - c) Infection
 - d) Tired
8. Autogenic training is a technique
 - a) To bring about relaxation in body
 - b) To increase anxiety level
 - c) To counter the avoidance syndrome
 - d) none of the above
9. The instrument used for estimation of vital capacity is _____
 - a) Dynamometer
 - b) Skinfold caliper
 - c) Wet Spirometer
 - d) Goniomeer
10. The "good" cholesterol is _____
 - a) Low density lipoprotein
 - b) High density lipoprotein
 - c) Triglycerides
 - d) Cholesterol

Part B

5 X 6=30

Answer the following
Answer should not exceed 400 words or two pages

11. a) What are the factors that influence fitness? Explain.
(or)
11. b) Explain the components of health related fitness in brief.
12. a) Explain about three energy system.
(or)
12. b) How exercise impact metabolism? Explain.
13. a) What are the advantages of aerobic dance?
(or)
13. b) What is fartlek training? Explain.
14. a) What are the effect of stress on your body system?
(or)
14. b) What are effect of music exercise?
15. a) How to evaluate the flexibility? Explain the procedure and scoring of it?
(or)
15. b) How to evaluate the speed and power? Explain the procedure and scoring of it?

Part C

5 x 12=60

Answer the following
Answer should not exceed 800 words or four pages

16. a) Prescribe an exercise programme for obese middle age women
(or)
16. b) Define Wellness and Explain the dimensions of Well ness
17. a) How to estimation of energy needs and required energy intake according to the need?
(or)
17. b) Define energy and explain the consequences of energy imbalance?
18. a) What are the guidelines to be followed during exercise?
(or)
18. b) How to prevent fitness injuries? Discuss.
19. a) Explain the various types of stress and how to reduce stress through yoga? Discuss
(or)
19. b) Explain the technique, used and benefits of Biofeedback therapy for stress and other work related disorder.
20. a) Explain the evaluating procedure for aerobic and an aerobic endurance.
(or)
20. b) Explain the evaluating procedure for body composition indices (BMI, BFP, WHR, WHtE)
