



Avinashilingam Institute for Home Science and Higher Education for Women
 (Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)
 Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B
 Coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Examination – March 2021
I Semester

Class : I UG
Major : Physical Education

Time : 3 Hours
Max. Marks: 100

18BPEI01 DSE – I Fitness and Wellness

Part A
Choose the Correct Answer

10 x 1 = 10

1. The range of movement by a muscle group or a joint is known as
 a. Momentum b. Power c. Flexibility d. Speed
2. Which of the following forms the base of an activity pyramid for young children?
 a. Vigorous Aerobics b. Moderate Physical Activity
 c. Flexibility Exercises d. Muscle Fitness Exercises
3. Which is referred as the energy currency of the human body?
 a. Glycogen b. ATP c. Oxygen d. Protein
4. Which of the following is not a macronutrient?
 a. Vitamin b. Fat c. Protein d. Carbohydrate
5. Which of the following training is also known as Speed Play?
 a. Wind Sprints b. Fartlek Training
 c. Interval Training d. Plyometric Training
6. Multi Station Workouts are closely related to which of the following training.
 a. Pressure Training b. Circuit Training
 c. SAQ Training d. Fartlek Training
7. Which of the following is not connected with positivity caused by stress?
 a. Eustress b. De-stress c. Distress d. Stress Busters
8. Which of the following is the correct expansion of JRT?
 a. Jason Roy Technique b. Jack Relaxation Technique
 c. Jonty Rhodes Technique d. Jacobson Relaxation Technique
9. Which among the following is the most accurate method in assessing Body Composition?
 a. BMI b. Skin Folds
 c. Waist Hip Ratio d. Under Water Weighing
10. Stork Stand is a test to measure which of the following components?
 a. Endurance b. Flexibility
 c. Mobility d. Strength

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Explain in brief the dimensions of Wellness with examples.
(or)
11.b. Articulate on the components of Fitness.
- 12.a. Explain how exercise impacts metabolism.
(or)
12.b. Highlight the consequences of energy imbalance in our body.
- 13.a. Enlist the Medical Evaluation that needs to be performed before and exercise.
(or)
13.b. Describe the principles of training with suitable examples.
- 14.a. Discuss the effects of stress on the body.
(or)
14.b. Distinguish between Autogenic Training and Bio Feedback.
- 15.a. What are the factors influencing testing?
(or)
15.b. Explain how can a test can be standardized.

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Explain the factors which influence Fitness with suitable examples.
(or)
16.b. Explain in details the benefits of Fitness.
- 17.a. Describe the three energy systems of the body.
(or)
17.b. Describe the adaptations occurring in circulatory system due to exercise.
- 18.a. How will you prevent fitness injuries? Give suitable examples.
(or)
18.b. Distinguish between basic and advanced conditioning exercises.
- 19.a. Explain the types of stress and methods to manage them.
(or)
19.b. Describe suitable yogic practises that could help in relaxation.
- 20.a. Explain the administration of a test each for Aerobic Endurance and Agility.
(or)
20.b. Explain the administration of test for Coordination and Strength.
