

**Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore – 641 043**

**Bachelor's Degree Examination – November 2017  
I Semester**

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

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

**15BPEI01 DSE – I Fitness and Wellness**

**Part-A**

**10x1=10**

**Choose the correct answer**

1. Which components of fitness should be emphasized in a warm-up?  
a) Agility and coordination  
b) Cardiovascular and flexibility  
c) Muscular endurance and cardiovascular  
d) Strength and flexibility
2. Which of the following is a component of health-related fitness?  
a) Power  
b) Exercise  
c) Co-ordination  
d) Endurance
3. In cold climate, more energy is required to  
a) Maintain locomotion  
b) maintain ones weight  
c) Maintain social relationships  
d) maintain body temperature
4. Adaptations in tendons in response to strength and power training may include:  
a) An increase in tendon cross-sectional area.  
b) An increase in tendon stiffness.  
c) An increase in tendon strain tolerance.  
d) All of the above.
5. In strength and power training, the optimal training frequency per muscle group exercise is closest to \_\_\_\_\_ days per week.  
a) 2  
b) 4  
c) 6  
d) 7
6. Which Principle of Training is being applied when a coach devises two different training Programmes for two different athletes, even though they are training for the same event?  
a) Specificity  
b) Progression  
c) Reversibility  
d) Individual Needs
7. Which of the following are the basic sources of stress?  
a) The Environment  
b) Social Stressors  
c) Thoughts  
d) All of the above
8. Which of the following is true about 'deep breathing relaxation technique'  
a) It can be self-taught  
b) It releases tension from the body and clears your mind  
c) You have to do this under-water  
d) Only 'A' & 'B' are true
9. Speed is defined as  
a) The change of distance with respect to time  
b) The rate of change of distance  
b) Distance moved per unit time  
d) All of above
10. Which of the following demonstrates the importance of FLEXIBILITY?  
a) Ability to get a quick start and leave the opposition behind.  
b) Ability to dodge opponents and get free.  
c) Ability to increase the range of movements possible at a joint and hold a better technical shape.  
d) Ability to move two or more body parts together to produce a technically correct shot.

**Part B**

**5X6=30**

**Answer the Following**

**Answer should not exceed 400 words or two pages**

11. a) Explain the Physical activity pyramid.  
(or)  
b) Give the definition and meaning of fitness and wellness.
12. a) What are energy system?- Explain  
(or)  
b) What is the metabolism?
13. a) Explain the guidelines to be followed during exercise.  
(or)  
b) What is the aerobic training?
14. a) What are the types of stress? Explain.  
(or)  
b) What is meditation? How it is used to reduce stress?
15. a) What is anaerobic endurance?  
(or)  
b) What are the different types of flexibility? Explain.

**Part C**

**5x12=60**

**Answer the following**

**Answer should not exceed 800 words or four pages**

16. a) Explain the factors that influence the fitness in detail.  
(or)  
b) What are the competences of Health related Physical fitness and explain them in detail?
17. a) How body get adapted to exercise?- Discuss  
(or)  
b) How does our body need energy? - Describe the process.
18. a) Prepare a model circuit training to develop a lower body strength with 12 station.  
(or)  
b) Explain the principle of training in details.
19. a) Explain the Autogenic training Procedure to reduce the stress.  
(or)  
b) What are stress and its effect on different body system? - Explain.
20. a) How to evaluated the flexibility and body composition?- Explain the test procedure.  
(or)  
b) Define strength, speed, and power explain in detail?