



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 – June 2021

VI Semester

Class : III UG

Major : Food Science and Nutrition

Time : 3 Hours

Max. Marks: 100

18BFNC26 Nutrition for Health and Fitness

Part A

10 X1=10

Circle the Correct Answer

- _____ activity that help to improve cardio respiratory endurance
a. Dancing
b. Yoga
c. Swimming
d. Laughing
CO1 K2
- _____ increase the flexibility in range of movement across joint
a. Stretching
b. Swimming
c. Skipping
d. Jogging
CO1 K1
- _____ is the PREFERRED source of fuel used by athletics
a. Proteins & Vitamins
b. Vitamins & Protein
c. Fats & Carbohydrates
d. Proteins & Carbohydrates
CO2 K3
- During exercises, every 15 -20 minutes athletes should consume how much fluid?
a. 100- 200 ml
b. 200- 300 ml
c. 300- 400 ml
d. 400- 500 ml
CO2 K5
- Increase in Muscle mass due to heavy weight training is called
a. Muscular Hypotrophy
b. Muscular Hypertrophy
c. Muscular atrophy
d. Haematoma
CO3 K4
- _____ concepts reflects the true nature of Modern Physiology Education
a. Physical training
b. Science of movement
c. Movement education
d. Athleticism
CO3 K1
- A stroke occurs when there is an interruption of blood flow to the
a. Heart
b. Lungs
c. Brain
d. Spine
CO4 K2
- Which is not a life style disease?
a. Type 2 Diabetes
b. Cancer
c. Cardiovascular disease
d. Pneumonia
CO4 K2
- _____ are the character of Negative Stress.
a. Exciting
b. Performance
c. Motivation
d. Anxiety
CO5 K4
- The concept of Wellness include
a. Intellectual Health
b. Angina
c. Skill-related fitness
d. Muscular Strength
CO5 K1

Part B **5 X 6=30**
Answer the following
Answer should not exceed 400 words or Two Pages

- | | |
|--|--------|
| 11.a. Describe the Components of Physical Fitness.
(or) | CO1 K4 |
| 11.b. Explain the Key factors of Physical fitness Training (FITT). | CO1 K3 |
| 12.a. Define Exercise Physiology and Brief the types of it.
(or) | CO2 K3 |
| 12.b. Discuss the Benefits of Physiology activity and Proper Nutrition | CO2 K4 |
| 13.a. Classify the Physical Exercises for fitness.
(or) | CO3 K4 |
| 13.b. Give examples of Functional Training and Explain. | CO3 K2 |
| 14.a. Mention the types of diseases associated with unhealthy lifestyle.
(or) | CO4 K1 |
| 14.b. Describe the role of aerobic exercise to manage the lifestyle diseases. | CO4 K1 |
| 15.a. Signify How does diet and exercise affect stress.
(or) | CO5 K3 |
| 15.b. Justify the proven benefits of Yoga and Meditation for health. | CO5 K2 |

Part C **5 x12 =60**
Answer the following
Answer should not exceed 400 words or Two Pages

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|---|--------|
| 16.a. Distinguish between Health related Fitness and Physical Fitness.
(or) | CO1 K3 |
| 16.b. State Personalization is “Secrete Sauce” for wellness programme. | CO1 K5 |
| 17.a. Elucidate the Physiology of Pulmonary Structure and its Function.
(or) | CO2 K3 |
| 17.b. Illustrate Food Guide Pyramid and Narrate Food groups and
Role of Nutrients for Physical activity | CO2 K4 |
| 18.a. Enumerate the Physical Activity training to enhance Cardio vascular
Endurance
(or) | CO3 K4 |
| 18.b. Associate Fitness training and Gadgets for measuring fitness for different
groups of exercises. | CO3 K5 |
| 19.a. Defend the faulty food habits and physical inactivity are reasons for
Underweight, Obesity, DM and BP
(or) | CO4 K3 |
| 19.b. Comment the Exercises for prevention and Relief of CVD. | CO4 K4 |
| 20.a. Highlighting the Various relaxation Techniques for Health management
(or) | CO5 K3 |
| 20.b. Identify and comment the Importance of Physiology of Clinical Exercises for
Rehabilitation of Various health issues. | CO5 K3 |
